FISHY SITUATION - FIGHT FIT WITH FISH!

jiu-jitsu™ magazine

WHO WON? THE WORLD'S BEST BATTLE IN ABU DHABI

THE ABCs OF THE ARMBAR

With Marcos Tinoco

ROLL MODEL GORDON RYAN

Garry Tonon's First Black Belt Puts The Field On Notice

How The Turkish Get-Up Can Improve Your Jiu-Jitsu

+

What Happens When You Don't Tap?

A Doctor's Guide To Chokes

+

12 Ways To Dominate From Side Control

June 2016 Issue 45

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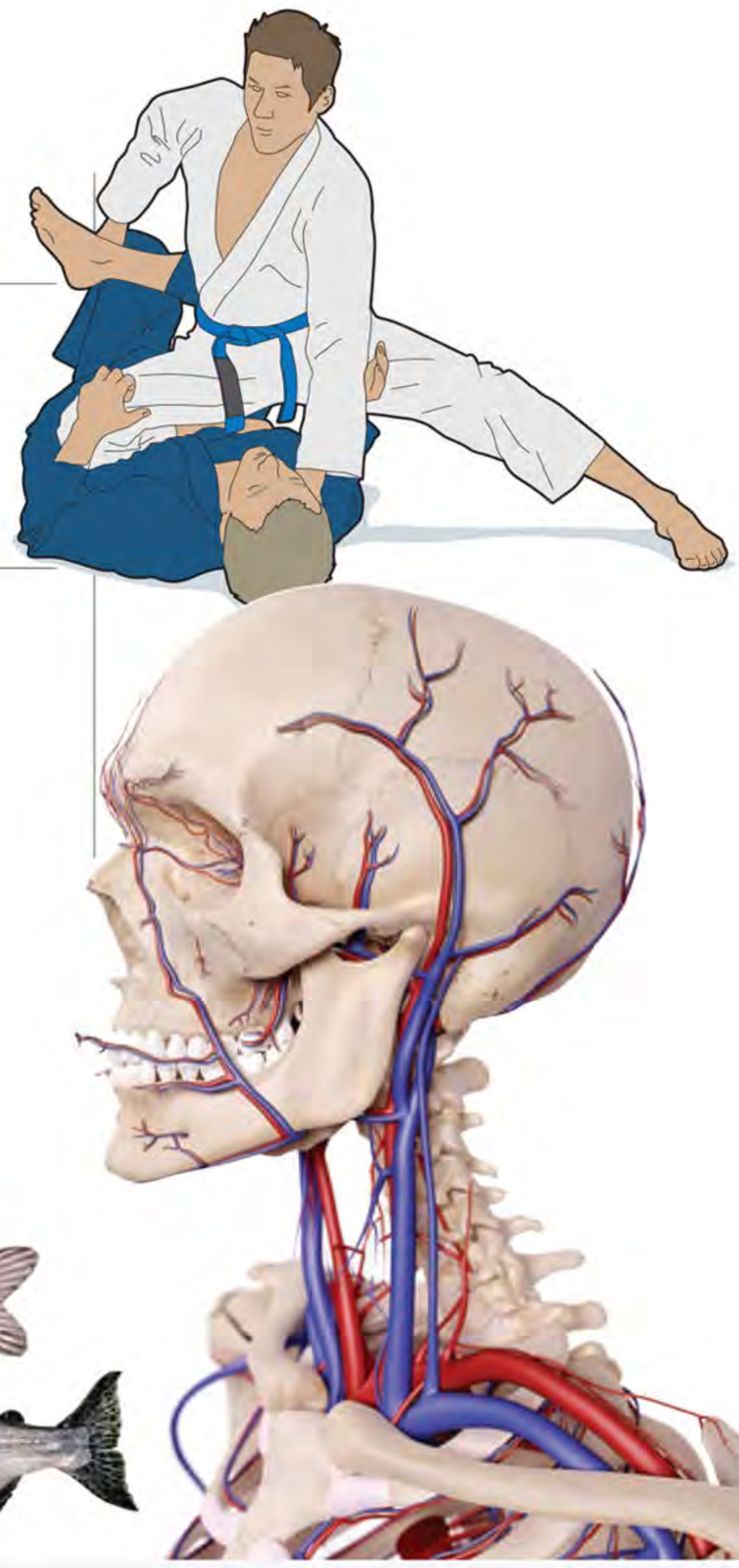

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MEET THE EXPERTS

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FLORES

Is currently a jiu-jitsu purple belt under Gracie Barra's Rafael "Mosquito" Oliveira. He has a bachelors degree in history and is currently working on an MBA. His jiu-jitsu photography can be seen on Instagram under the name **BjjFotos.**

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Look for us Online:
@jiujitsumag

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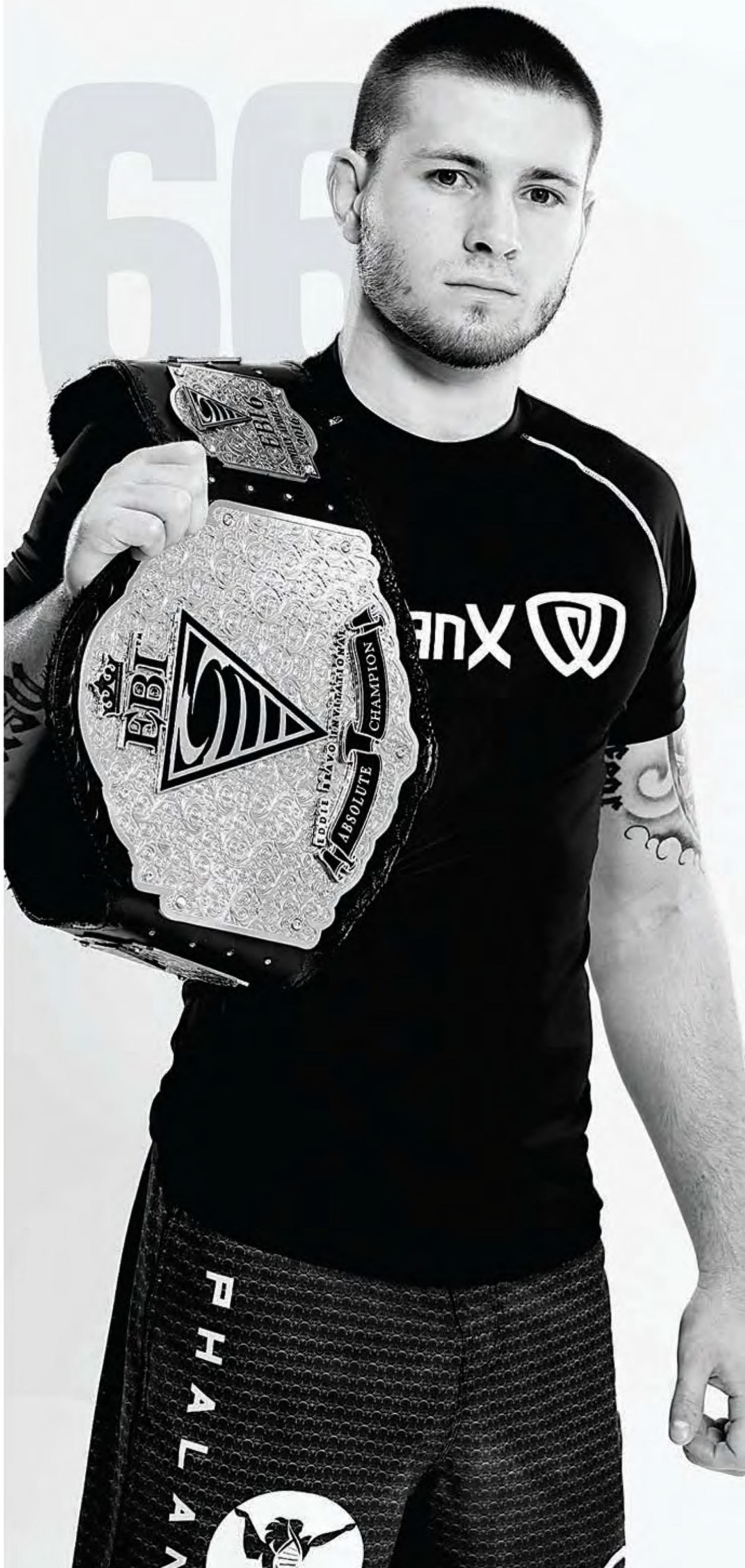

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PHOTO: BANE VISNJIC

EDITORIAL

SUMMER TIME!

Depending on your part of the country, you may or may not be anxious for summer, but it's here. School's out, sun's out, gis out! Over the years, I've had my 12-year-old son give jiu-jitsu a try and he's never really stuck with it for more than a few months at a time. There was always something else going on, roller hockey, football, and basketball. And although his passion appears to be hockey, as a parent, this is the summer that I'm going to really stress the importance of jiu-jitsu to him. Not only for the physical benefits of exercise and spending some time with dad, but also for the confidence benefits and the tactical skills should he have to defend himself. As kids get older, a physical altercation on the schoolyard becomes more serious. Of course I'd love to see a switch flip and see him develop a love of jiu-jitsu similar to mine, but if that doesn't happen, it's okay. I'd never want to be one of those parents that push their kids into something that the kid might not enjoy just to fulfill their own needs. With that said, I think failing to at least expose him to jiu-jitsu as a way to build confidence and to create a skill set that might come in useful as a adolescent would be negligent on my part as a parent. We all want our kids to play nice and to not start trouble. One less direct benefit of jiu-jitsu is the understanding that confrontation should be avoided. My feeling is that when he was younger, taking him to jiu-jitsu class was more as an "activity". Something to keep him occupied and to have some fun. Now that he's a little older, I think it's my duty to give him some tools that will no doubt be beneficial. I'll also be doing the same with my daughter before she goes off to college, even though she doesn't know it yet ;].

Speaking of kids taking jiu-jitsu. This month's cover feature is on Gordon Ryan. If you don't know who Gordon Ryan is yet, you will soon. Gordon was a last minute replacement for Eddie Cummings who injured himself just before EBI6. Gordon came in and got the submissions, the title, and $25,000 for his time. Gordon started taking jiu-jitsu classes at the age of 15 and in just five years has become one of the world's top black belts in the Submission Only game. He's a beast and a darn good kid.

Keep Rolling and have a great summer!

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jiu-jitsu magazine

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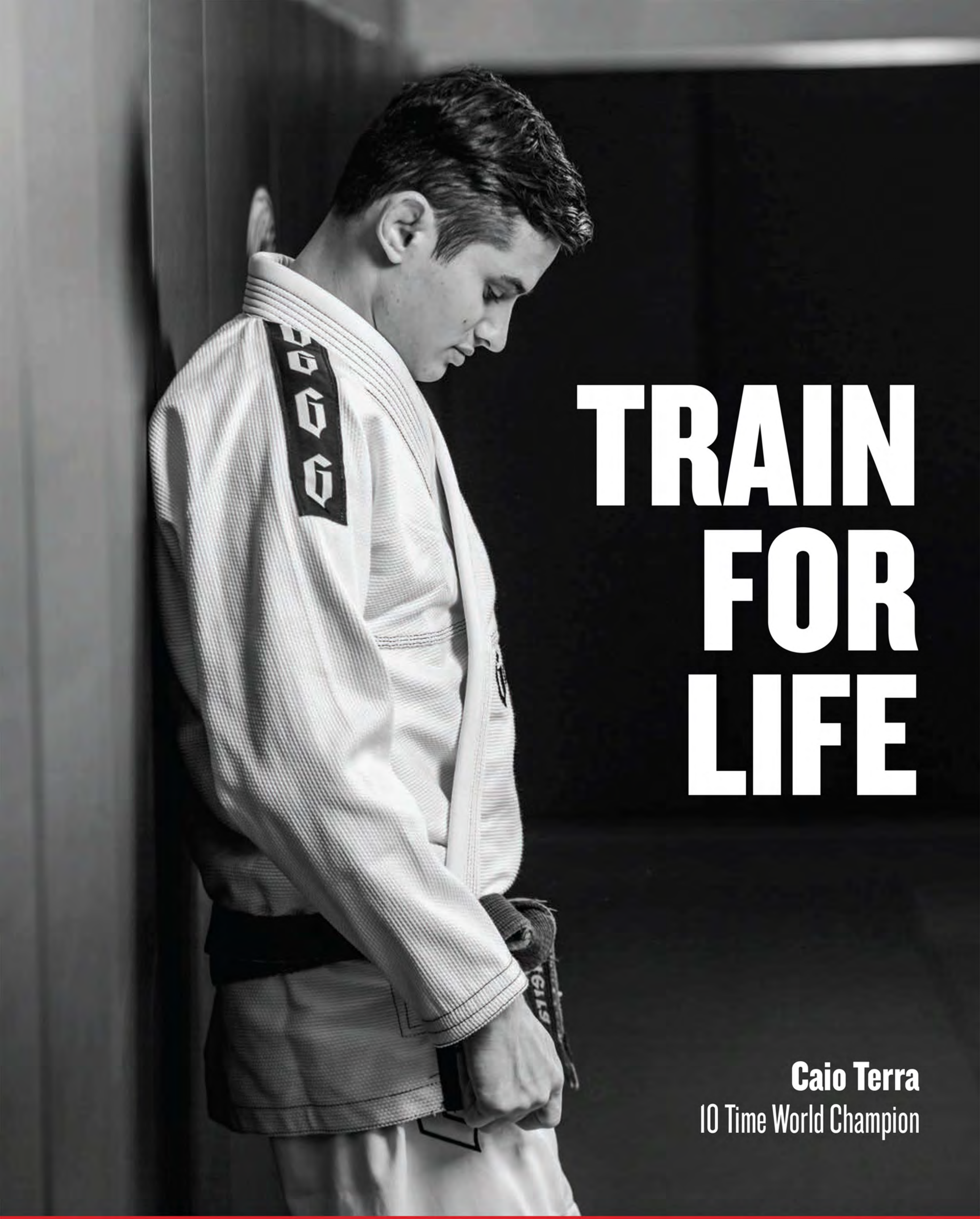

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WEIGHING IN

GIS FOR G.I.S

LOOKING FOR A WORTHWHILE CAUSE TO MAKE A MONETARY DONATION TO OR EVEN TO DONATE A GI TO? WE JUST HAPPEN TO HAVE SUCH A CAUSE. It's called Gis 4 G.I.s, and it was founded last year by Brian Crandell, a brown belt in North Carolina. As the name suggests, this is a one of a kind charity dedicated to providing active duty military, veterans, and first responders worldwide with jiu-jitsu gis so they can continue to train jiu-jitsu while away from home. You can do your part by making a monetary donation that helps pay for the shipping of the gis donated. You can also donate a new or used gi in good condition. Since this January, they've received over 210 gis and still need more gis to fulfill the objective! They've even received a Certificate of Appreciation from the Department of the US Army. To do your part, you can find more information at their website.

gis-4-gis.com

KENFLO MAKES A RETURN

At 39 years of age, Kenny "KenFlo" Florian is making a return to competition jiu-jitsu. After an illustrious MMA career, Florian can often still be found cage side commentating for the UFC or working as an analyst. The 3rd degree black belt still seems to train regularly and competed in the IBJJF New York Spring Open. Although things didn't go his way, it's great to see him back in a gi competing. Hopefully, we'll see him again.

MICHELLE NICHOLINI HANGS UP THE GI

10-time world champion Michelle Nicolini announced that she will be retiring from the world of open jiu-jitsu tournaments after the upcoming 2016 IBJJF World Championships. At 34 years old, Nicholini has a long list of accomplishments in jiu-jitsu and is a role model to many female competitors. She will continue to do super fights and possibly the ADCC, but her focus will shift to MMA.

EBI7 Date Set

Coming off the heels of a successful 6th show, EBI7 is all set which Eddie Bravo recently announced on his Instagram account. This time, it's the "Featherweights" doing battle on Saturday July 16th live on UFC Fightpass. At the time of the announcement, three spots were still up for grabs. Confirmed are: Eddie Cummings, Geo Martinez, Joe Soto, Kim Terra, Rafael Domingos, Denny Prokopos, Mike Davila, Mikey Main, Joao Alfredo Tavares, Baret Yoshida, Ara Mauadyan, Sergio Hernandez, and Ashley Williams. As we found out with EBI6, you never know who can come in at the last minute and run away with the 20K up for grabs!

eddibravoinvitational.com

MAYBE A RECORD?

Just recently, Master Rickson Gracie held a class for over 320 jiujiuteros from up and down the East Coast. These photos were furnished to us by Eddie Fyvie, he's the owner of Spa City Jiu-Jitsu in Upstate New York where they hosted Rickson to go over some of his famous invisible jiu-jitsu details on basic techniques and spread his knowledge of the concepts that make his jiu-jitsu so unique, and ultimately help bring together the community like nobody else can.

jjgf.com | spacitybjj.com

WEIGHING IN

SOME SUMMER THREADS

Summer's here! Check out this collection of new threads from some of the top jiu-jitsu brands.

BE A WARRIOR

Although it's been out a while we just received this premium tee. It is official licensed with the iconic Warrior logo, and a touch of that slick Scramble design. The shirt has a washed look giving you that nostalgic feel every time you wear the shirt. Come out to play in this officia Warriors T-shirt for $44.99.

scramblestuff.com

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Vulkanstore.com

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Simple and stylish. These shirts are perfect for any jiujiteiro wanting to look good this season. Prices range between $25 for short sleeves and $29 for long. Check out the website for styles and colors.

thejiujiteiro.com

GORDON RYAN WINS EBI 6

AS A LAST MINUTE REPLACEMENT TO INJURED TEAMMATE EDDIE CUMMINGS, GORDON RYAN WAS SET TO FACE SOME STIFF COMPETITION AT EBI6. THIS GARRY TONON BLACK BELT IS PART OF THE INFAMOUS DANAHER DEATH SQUAD AND LIVED UP TO THE HYPE. After submitting Jacen Flynn via rear naked choke, and Marcello Salazar via knee bar, Ryan went on to face Yuri Simoes, a tournament favorite. After defeating Yuri with a RNC in OT, he went on to secure his spot in the finals against Rustam Chsiev. The final fight went into overtime and Ryan was able to secure another RNC to win him the EBI6 title. To see the matches first hand, check out the replay on UFC Fight Pass and don't miss the cover feature article on Gordon in this issue.

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WEIGHING IN

VERSION 2.0 ATHLETE

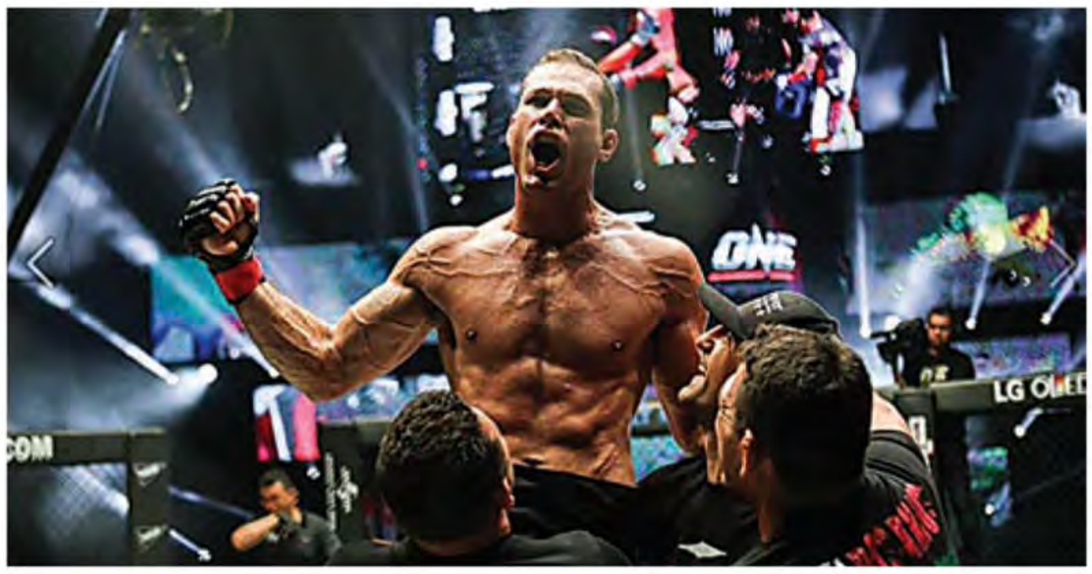
This amazing gi from Scramble is light enough for competition as our A2 weighed in at 3.5lbs, but still durable enough for the rigors of daily training. This 550GSM pearl weave top feels light. The red interior pulls double duty, acting as a liner for the gi but also a piece of kimono art. The 280GSM ripstop pants complement the gi well and are true to the standard Scramble fit. The gi seems simple from afar but Scramble adds that special artistic touch that make this gi special. For $155, you can own a great looking, and great fitting gi that's great for training or competition.

scramblestuff.com

FIGHT TO WIN WHO?

In a media space dominated by Metamoris and the Eddie Bravo Invitational the Fight to Win Pro promotion seems to have slipped under the radar. Just finishing their fifth vent in San Diego, California the card featured the likes of Andre Galvao and Bruno Bastos. The organization isn't wasting any time. The Fight to Win Pro 6 is already scheduled for June 17th in Dallas, and the FTWP 7 is slated for July 15th in Denver. This organization seems to be gaining some traction in a saturated market of jiu-jitsu PPV events. Their most recent events have been broadcasted on FloGrappling. We'll be sure to keep you updated with the latest news of their events.

f2wbjj.com



Roger Gracie Becomes ONE Champion

Roger Gracie is another MMA legend that needs no introduction to the jiu-jitsu community. Recently making a jump into MMA, Roger competed in the ONE: Championship 42. He submitted his opponent Michael Pasternak in the first round via an arm-triangle to win him the inaugural ONE Light Heavyweight Championship.

onefc.com

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WEIGHING IN

IT'S HERE!

A few months back we gave you a sneak peek a the new Yuki Gi from Senso. We've finally gotten ahold of it and it's pretty awesome. This slim fitting gi will fit you well while also keeping you cool with it's CoolMax® fabric lining. The 450 GSM pearl and 100% cotton make it feel very durable. The jacket is very well put together with the lining really bringing the gi's complementing colors and style together. In addition, the gi is soft nd comfortable. Jiu-jitsu athletes will appreciate the reinforced knee area and EVA foam collar. The pants also use a lightweight elastic drawstring that works really well to keep your pants up. Our A2 sample weighs a mere 3.35lbs. Priced at $140, it will be hard to find a gi with these same features for such a competitive price!

sensobjj.com

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Check out these new graphic T's from Round Five Apparel. There's one to fit any mood you might find yourself in. Each shirt is woven from super soft ring spun cotton and available in seven different sizes on most designs. Each shirt can be yours for just $25 each! Not bad. Take a look.

shoproundfive.com

RAFAEL LAVATO JR. WINS MMA TITLE

The very accomplished jiu-jitsu grappler Rafael Lavato Jr. turned MMA star can add one more title to his resume. On April 22, 2016, Lavato competed at Legacy Fighting Championship 54, where he faced Marcelo Nunes. Lavato was able to KO Nunes in the 2nd round to win the Middle Weight Championship.

Legacyfights.net

Lovatojr.com

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PROMOTIONS

AMBER TORRES

School: Buckhead Jiu-Jitsu
Location: Atlanta, Georgia

Congrats to Amber for receiving her blue belt from Sam Joseph, owner and head instructor of Buckhead Jiu-Jitsu.

JOHN BROWN

SCHOOL: Grapplers for Christ
LOCATION: Geelong, Victoria, Australia

Recently John Brown became the first ever Grapplers for Christ Australia BJJ Black Belt. Over a hundred people attended the ceremony!

Congrats John on an awesome accomplishment.

WILL ROBBINS

SCHOOL: Champions Gym
LOCATION: Prairie, AB, Canada

After a seminar with Bibiano Fernandes, 38 year old Will Robbins received his blue belt from both his instructor (Bill Mahood) and Bibiano. He says he couldn't have done it without the support of his family (both the ones off and on the mat).

The next steps can be both exciting and scary but that's what is part of what makes jiu-jitsu great. Keep it up Will!

JEFF PARDECK

SCHOOL: Gracie Humaita
LOCATION: St. Louis, Missouri

At 52, Jeff Pardeck was awarded his purple belt from Gracie Humaita professor, JW Wright.

Awesome job Jeff!

SEEING BLUE

SCHOOL: Remedy BJJ
LOCATION: Milton, Florida

Congratulations to Kirk Ray (purple), Shawn Swafford (blue), Felicia Gaynor (blue), Rance Jones Jr. (blue), and Simon Saenz (blue) on their promotions. They were promoted by Professor Helio Soneca, Instructors Tra Alidor and D.J. Roberts. DO WORK!!

ASHLEY GARZA

SCHOOL: Gracie Fernandina
LOCATION: Yulee, Florida

On March 30, 2016, Donny Avera of Gracie Fernandina promoted Ashley Garza to purple belt. She has been training since 2008, only taking a short break when she was pregnant. Keep it up Ashley!

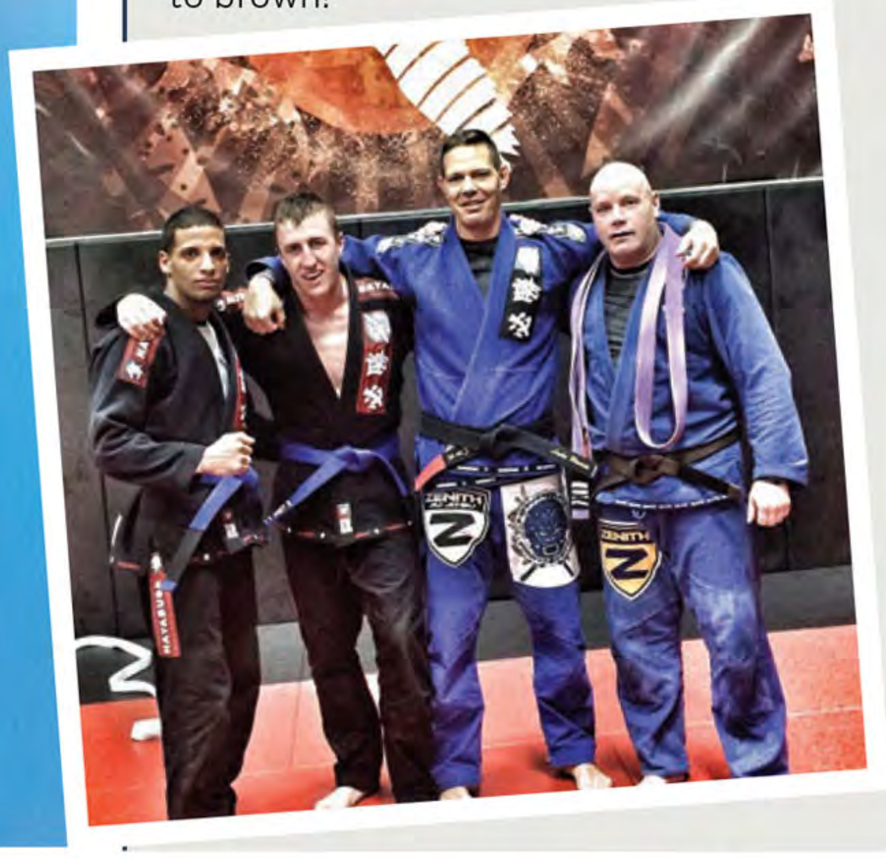
TRIPLE THREAT

PROMOTION

SCHOOL: Hayabusa Training Centre/Zenith BJJ
LOCATION: St.Albert, Alberta, Canada

Congrats to Jackson Brown for his promotion to gray and white belt by Luke Harris.

Congratulations as well to JP Laesencia and Pat Pytlik for their promotions to blue belt and Tyler Edworthy on his promotion to brown!



GRAPPLER'S GUIDE TO FISH

WORDS: **MACKENZIE ARRINGTON** | PHOTOS: **STAFF**

THERE ARE MANY FISH IN THE SEA AND MOST OF THEM ARE DAMN GOOD TO EAT. ALL TYPES OF FISH ARE DISTINCTLY DELICIOUS IN THEIR OWN SPECIFIC WAYS, BUT THAT IS NOT THE ONLY GAIN WE GET FROM THEM. They are an excellent source of lean protein, good fats, and most of all, omega-3s. Eating fish regularly can improve brain function, maintain eyesight, skin health, lubricate our joints, improve fertility, and reduce our risk of heart disease amongst other benefits. Knowing how to work fish into your diet starts with knowing what we are getting into, narrowing our focus when selecting fish, and ultimately how to prepare it. You do not want to compete without any training just like you do not want to buy fish without knowing how to select it and cook it. Let's seize the carp and conquer your fears of cooking fish!

LOCAL FISHING HOLE

To get great fish we must find a place that offers a good selection of reputable fish. If you cannot find a good fish market, most local supermarkets have an ok selection. When going to supermarkets, always shop at the seafood counter rather than on the shelves. Get fresh fish over frozen anyday at local seafood shops in your area to get the best fish possible sans going out on a boat and catching your own. There are other alternatives such as brownetrading.com that will literally deliver fresh fish to your door.

DELICIOUS SEAFOOD ALWAYS FRESH

CATCH OF THE DAY

There is no set day in which we should buy fish besides the day we decide we want to cook and eat some. The best plan would be to go in with the mindset to get "fish" rather than a specific fish. The reason being, we might not always find fresh salmon if we go in stuck on a salmon recipe and leave home with subpar fish and miss out on choice tuna that the store had available. Always shop for the catch of the day and work around it at home.

Testing The Waters

When selecting fish there is a checklist to go over to know how fresh the product is and if we should buy it or not.

SIGHT: If the fish is whole, check out the overall appearance of the fish. The eyes should not be cloudy, gills should be bright red and if there is any blood it should be red. The skin should look healthy, not slimy or dry. The belly should not be bloated looking either.

SMELL: Fish should not smell "fishy" but instead it should smell briny like the ocean.

TOUCH: The flesh should bounce back when touched. I know we are all super strong from doing jiu-jitsu all day, but when we push into the fish, the shape should return and it should not remain dented. If the impression remains, let the fish remain on the shelf.

COMMON FISH

SALMON

FLAVOR: Rich and buttery
SUBSTITUTE IN RECIPES: Tuna, mackerel or swordfish
COOKING METHODS: Grill, poach, pan-sear, bake, raw, or steam

TROUT

FLAVOR: Mild and sometimes sweet
SUBSTITUTES IN RECIPES: Catfish, tilapia and flounder
COOKING METHODS: Grill, poach, pan-sear, fry, bake, or steam

TUNA

FLAVOR: Bold and nothing compares to the taste of fresh tuna. A good "fishy" taste
SUBSTITUTES IN RECIPES: Swordfish, mackerel or other amberjack
COOKING METHODS: Grill, pan-sear, raw, or bake

TILAPIA

FLAVOR: Mild to rich. Very cheap so consistency is an issue
SUBSTITUTES IN RECIPES: Catfish, trout, flounder, or sole.
COOKING METHODS: Grill, pan-sear, fry, bake or steam

COD/HADDOCK

FLAVOR: Moderate, this is the most approachable fish to start out with. Very buttery in taste and texture
SUBSTITUTES IN RECIPES: Each other or halibut
COOKING METHODS: Grill, poach, pan-sear, fry, bake, or steam

HALIBUT

FLAVOR: Moderate, very buttery
SUBSTITUTES IN RECIPES: Cod or haddock
COOKING METHODS: Grill, poach, pan-sear, bake, or steam

SWORDFISH

FLAVOR: Very rich and what you think fish tastes like
SUBSTITUTES IN RECIPES: Mackerel, tuna, or salmon
COOKING METHODS: Grill, pan-sear, shallow-fry, or bake

STRIPED BASS

FLAVOR: Rich and briny
SUBSTITUTES IN RECIPES: Snapper, grouper or halibut
COOKING METHODS: Grill, pan-sear, bake, raw or steam

CATFISH

FLAVOR: Rich and earthy
SUBSTITUTES IN RECIPES: Trout, tilapia or flounder
COOKING METHODS: Pan-sear or fry

FLOUNDER

FLAVOR: Mild and buttery
SUBSTITUTES IN RECIPES: Pollock, sole, or trout
COOKING METHODS: Pan-sear, bake, and fry

BRINGING THE HEAT

FISH CAN BE COOKED IN JUST AS MANY WAYS AS ANY PROTEIN.

There is only one trick to cooking fish and it is where 99% of people go wrong, timing is everything. There is no bigger turnoff to a meal than overcooked fish. You can be a pro at cooking fish with this one indicator: Fish is cooked once it turns opaque and feels slightly firm to the touch. Any fish will be cooked once it looks opaque and has firmed up and looks ready to flake and break apart. Once cooked let your fish rest for a few minutes before enjoying it. This applies for any cooking method. It truly is THAT easy.

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BUYING AND STORING TIPS

Whole or Fillets?

If you are roasting or pan searing fish, it is wise to go with a whole fish. This ensure the freshness of the fish. You should also get your fillets cut fresh from whole fish by the butcher in the store.

Get Dressed by the Butcher

When at the local market, always opt to get the fish prepared fresh by the fishmonger AKA the fish butcher. This way, we can ensure that we are getting fresher fish than what is on the shelf wrapped up like a victim of a serial killer. This also applies when we are getting whole fish. Have the butcher dress the fish which means removing the scales, gills, and guts. Not only will it keep the mess out of our kitchen but chances are he/she is better at it than us.

Skin or No?

Skin is not for everyone. Fish skin serves a purpose though even if we do not plan to crisp it and enjoy that deliciousness. The skin serves a few purposes other than taste and texture when it comes to cooking. The skin holds in moisture during high-heat cooking on delicate fish such as flounder, and it holds the fillets together while cooking. Not to mention it is packed with omega-3s.

Big Fish, Small Pond

The best portion size when buying fish would be 1lb per person. You can even ask the butcher to slice the fillets into these sizes to save you from the guess work.

Chill Out

When buying fish, we should alway ask the butcher to toss in a small bag of shaved ice to keep our prized protein cool on the trip home. Fish rapidly goes down the drain in quality when not kept cold. Store the fish in the coldest part of the fridge and on ice once home.

Use it or lose it

Try and only buy fish the day you plan to cook it. Fish is delicate and deteriorates quickly, so for freshness-sake, it is best to buy the day of.

CONCLUSION

Eating fish is essential to living a long and healthy life as a human, let alone as an athlete. As jiu-jitsu practitioners, we need to keep our diets in check because if we put crap in we get crap out. Put carp in and get results. Cooking fish does not need to be as intimidating as it seems. In reality, it is easy and even cavemen could do it. Go check out the local seafood market and try a few different types of fish to see what you like best. Try cooking with cheap tilapia fish to build your confidence before buying an expensive tuna steak. Once your confidence builds then you can try some of the recipes on Grapplergourmet.com, and then you can truly eat well and train hard. Oss.

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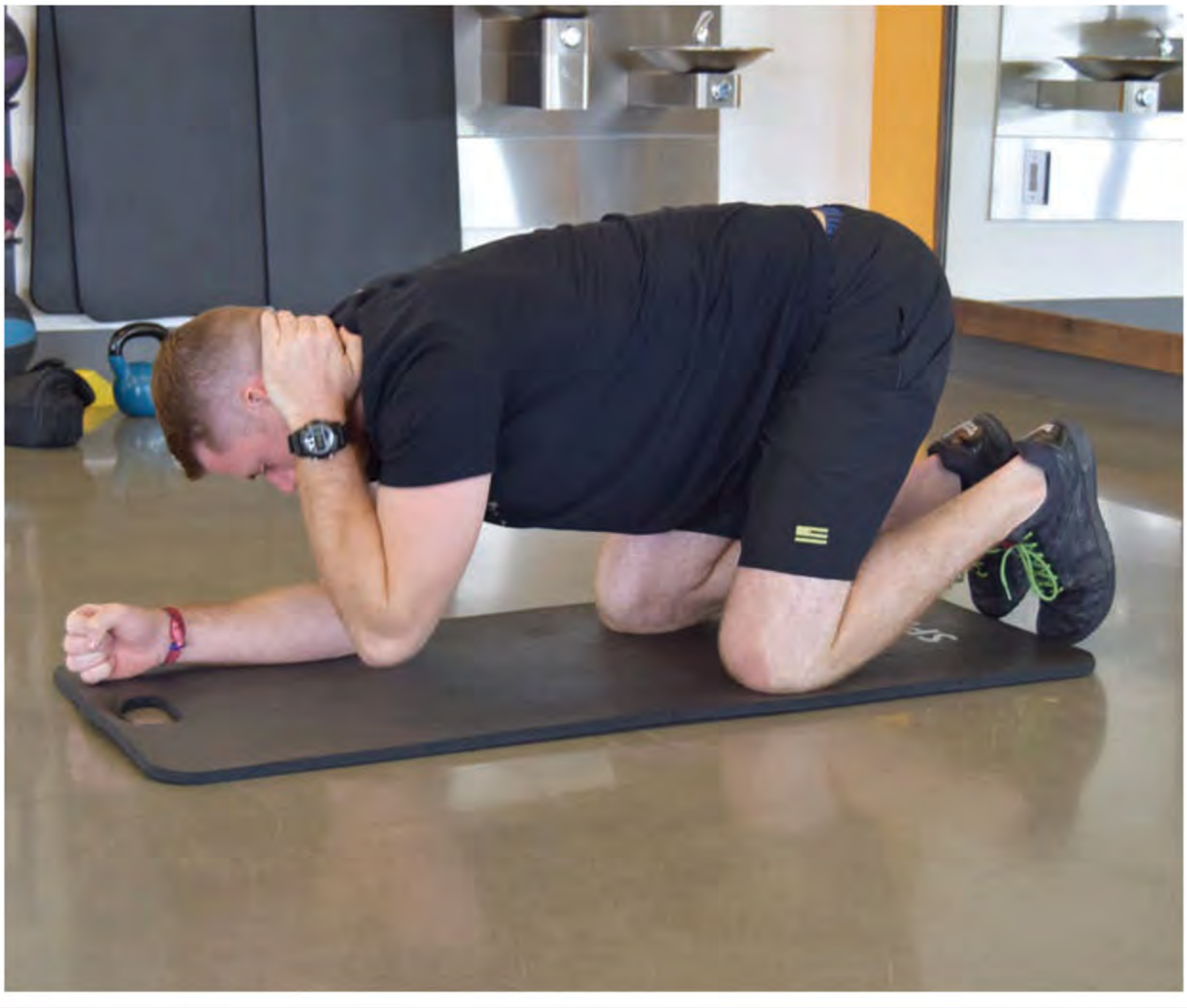
KNEELING THORACIC ROTATIONS

WORDS: **WILL SAFFORD**

YOUR THORACIC SPINE, OR THE AREA FROM YOUR LOWER NECK TO MIDDLE BACK, IS PRONE TO TENSION AND IMMOBILITY. THIS AREA, HOWEVER, SHOULD BE LOOSE AND MOBILE, FREE FROM RESTRICTION, AND CONSEQUENTLY, NEEDS CONSTANT ATTENTION. Common jiu-jitsu positions add to the tension in this area, like when you're hunched over trying to pass, or keeping a tight guard trying to prevent one. Use the following drill to mobilize and loosen your upper back and thoracic spine anytime throughout the day and always before training.

STARTING POSITION

Start from you hands and knees, then drop down to your elbows as if you were doing a plank, but remain on your knees. Place one hand behind your head as if in a half "prisoner" position.



THE MOVE

Touch your “prisoner” side elbow to the elbow on the ground, then slowly rotate outward and upward as far as possible, twisting from the upper back. Once you’ve reached your apex, or top position, pause for a moment there and look up at your elbow, turning and mobilizing your neck.

TIPS

Keep your eyes on your “prisoner” elbow throughout the drill and turn your head with your spine as you rotate. Try to move only from the upper back, keeping your lower back stable. As always, don’t force your range of motion, but allow it to gradually increase over time.

FINISHING POSITION

Finish the rep by rotating your torso down toward the ground, again connecting one elbow to the other. That’s one rep. Complete four reps and repeat on the other side.

PRESCRIPTION

If you’re strapped for time, complete five repetitions per side at a moderate pace before training. As part of a mobility session or before an upper body workout, complete 2 sets of 10 repetitions per side, trying to increase your range of motion with every rep. Remember, the thoracic spine gets tight from normal daily activities, so add this one to your routine and complete a few reps every day.

Athlete: Vitor 'Shaolin' Ribeiro

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BUCHECHA ON COMING BACK AFTER A MAJOR INJURY

WORDS: INTERVIEW CONDUCTED BY **MIKE VELEZ**

JJM: Is there any upside, or silver lining, when it comes to coming back from a major injury?

Buchecha: I think so. A major injury can change you a lot. Before my knee injury, I've never had anything nearly as bad happen before. I completely tore my LCL, PCL, and MCL. I had to have complete reconstruction. They were able to use my own PCL, but the other two were transplanted from cadavers. It was very serious. I had a lot of doubts after the surgery. There were times that I didn't think I'd ever compete again. It made me think a lot about, "What am I going to do with my life if I can't train or compete in jiu-jitsu?" The injury forced me to take a break from things and sort out a lot of issues I had going on in my head. It forced me to change a lot of things: how I think, how I train, but not how I will fight.

My training and movements are now more precise whereas before I think I would get away with putting myself in bad spots or strange positions. I definitely respect my body and health more now. I don't want to go through an injury like that again. I think mentally I'm much stronger than I was before thanks to this injury and having to go through the recovery and the adversity that I had to endure.

JJM: What's the most important thing you've learned from this experience?

Buchecha: I've learned a lot, but one thing immediately comes to mind when you asked it. On my Facebook page, I receive a lot of messages and unfortunately I can't respond to all of them. A few days ago, I received one that got my attention. The guy said he tore a ligament in his knee [and] he asked if he should have surgery or not. I told him if he needs surgery have it done today or tomorrow. Don't waste time; get it done or you're going to regret it later. I waited two months and I regret waiting that time. Now, I feel two months behind. Respect your body and your doctors. When you're recovering, all the movements are going to feel new- like you're doing them again for the first time. Go slowly, don't rush the recovery, especially the training.

JJM: How have you changed your training?

Buchecha: It's been about three months since I started training. At the beginning, I wouldn't play my game, only on top. It took a while before I started playing my game in training- playing on bottom. But now I feel like I can do everything. But in the beginning, it was very hard. It took a while to get my strength back so I avoided some positions at first. It takes a while to get back to 100%. That's why I say you have to learn how to do with that and to take things slowly. Don't rush, go little-by-little, day-by-day. Be patient.

JJM: In the match against Evangelista when you hurt your knee, do you replay it in your mind? Do you think of what you could have done differently?

Buchecha: Yes, that was one thing that I thought about a lot this past year. Sometimes injuries just happen. There's nothing you can do about them. But on mine, I saw my mistake- it was silly. I paid a great price for it. He got a sweep. Instead of defending the sweep, I went for the pass anyway. I should have defended the sweep first, broken his grips, then passed. He got a grip of my ankle. When he got the sweep, I couldn't open my base, and that's when I got hurt. So, the lesson I learned was to not rush the technique and don't put yourself in a bad spot like that.

JJM: How do you know when it's time to call it quits for the day? Have you had times when you had to dial it back because you were pushing the injury too soon?

Buchecha: No, I haven't had this experience. I think it's very important that when you're coming back from an injury that you train with your friends, people who will be watching out for you. Don't try and

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That was a scary moment for everyone in the crowd.

be a superhero and go too hard, or roll with people you don't know. You don't know their style and maybe they don't have your best interest. Don't compete with anyone. Forget about the ego, you're going to feel like a white belt again. Remember, you're not the same person you were before the injury. I got back, trained with my friends. At first I couldn't do a lot of my best techniques, I had to take it slow. The worst part was the lack of confidence. At first when someone held my leg, I would get stuck. I would just think about the injury and think it was going to get injured again, I would forget about my jiu-jitsu. This took a little while to fade, but eventually that fear passed. When you start training again, have fun, focus on your training, and don't try and rush things.

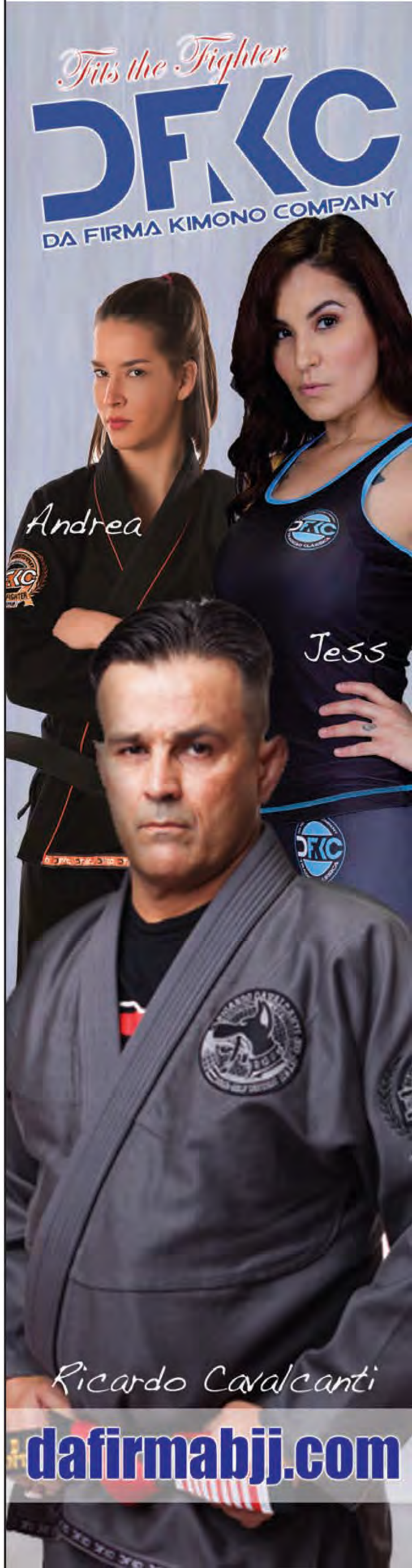
Another thing that helped me a lot was reading about other people who have experienced the same injury that I had. I read about a lot of people that all came back after the same surgery as me. One Judo athlete in Brazil, she had the same injury, tore three ligaments also. One year later, she fought at the Pan American Games and got a bronze medal. Fourteen months later, she fought at the Judo World Championships and she won. Things like that will help you build your confidence and see what's possible. I hope to be one of those examples also. Very soon, I'll be competing at the Worlds. Hopefully, one day, people will be able to research me and my injury and find some good news and I can help somebody too with that good news to help their confidence.

JJM: Good luck Champ, we can't wait to see you back on the mats and on top of the podium.

Buchecha: Thank you, me too!

Buchecha's Top Tips for Coming Back From an Injury

- Don't get injured in the first place. Easier said than done, but basically be respectful of your body- don't intentionally put yourself in an awkward spot where the chance of injury might be high.
- Ease into your training, take it slow, roll-by-roll, day-by-day, allow your abilities and confidence to build over time, forget the ego, and don't be afraid to tap early.
- Train with friends, make sure whomever you're rolling with knows of the injury and will be looking out for your well-being.
- There are encouraging stories of people who have battled back from many severe injuries. Do some research, finding success stories will help you build up your confidence and show you first hand that it's possible. If you can't find these stories, make them yourself. Pay it forward and be someone's inspiration.



SIDE CONTROL VOCABULARY

WORDS: **MARSHAL CARPER** | ILLUSTRATIONS: **DAVID PALACIOS**

LIKE AN EFFECTIVE GUARD GAME, AN EFFECTIVE TOP GAME NECESSITATES LINKING MULTIPLE CONTROL POSITIONS TOGETHER. AS YOUR OPPONENT ATTEMPTS TO ESCAPE, YOU ADJUST, SURFING THE WAVE OF HIS STRUGGLES TO REMAIN IN A DOMINANT POSITION. As you move from white belt to blue belt and on up through the ranks, you will find yourself using multiple variations of side control, sometimes chaining together subtle variations. You will pick up much of this by osmosis eventually, but we can accelerate that process with a little bit of old fashioned education.

In this installment of Jiu-Jitsu Vocabulary, we will explore some of the most common side control positions and discuss their strengths and weaknesses. With these small insights, you can accelerate the growth of your top game.

HEAD AND ARM CONTROL

As most uncreative position names go, this position means exactly what it describes: you have an underhook with one arm (which controls his arm) while your other arm controls the head. For many top players, this is the ideal side control position because you apply crossface pressure with your shoulder to force your opponent to turn away from you which shuts down the majority of his guard recovery efforts. At the same time, the underhook makes it really difficul for him to bellydown, giving you a powerful dynamic of two-directional control. With the pressure and control this position provides, you can mount and potentially hunt for armlocks–armbars, Kimuras, and Americanas–with relative safety. Note: We will discuss leg positioning variations later on in this piece.

GUARD BLOCK

While head and arm control is often the ideal position for top players, but not always, securing the underhook can be a battle, so establishing some form of control early on becomes a necessity. If the underhook is unavailable, wrapping the far shoulder with one arm and blocking your opponent's hip with the near arm is a common staging position. Wrapping the shoulder helps to pin his back to the mat, and monitoring the hip with the other arm can shut down or at least delay attempts to reestablish guard. Because this position is not quite as dominant as other top control positions, submission opportunities are not as plentiful here, but you could potentially snag an arm or neck as you transition to head and arm control, reverse kesa, or north/south.

That's Josh's cousin from Mexico, Juash.

MODIFIED KESA

The key difference between this position and traditional kesa gatame is that instead of grabbing the head, you secure an underhook. Many jiu-jiteiros find this position to be much more comfortable and secure because the underhook blocks the path to the back for the bottom player. Even if you don't intend to attack from here, learning to transition from head and arm to modified kesa is a good skill to practice. Switching and turning your hips while maintaining base and pressure can help you to dig out your opponent's arm and to kill the angle he needs for an escape, all without ever giving up your underhook. Unfortunately, with his head free, your opponent's bridge will be a bit more powerful, but you can still use your wide base and the mobility of your top arm to hunt for arm locks and arm triangles.

KESA GATAME

This classic Judo and wrestling position, sometimes called scarf hold, gets a bad rap in jiu-jitsu and is often equated to a simple headlock. In the hands of a skilled grappler–like Ronda Rousey for example–this position offers a huge amount of control. Your base is wide, and the pressure you can exert on the head (a sort of lift squeeze and twist) can effectively pin your opponent. The drawback to this position is that it can expose your back if your technique is not aggressive and refined and turning toward the head makes it difficult for you to quickly hop to mount. If your takedown game incorporates any sort of turning throw, however, learning kesa gatame will likely be a matter of necessity as you will often land here. You can either transition out of the position or start to dig for chokes and armlocks, using your legs and "top" arm to isolate and attack.

REVERSE KESA

Just as you can turn toward your opponent's head, switching your hips along the way to change the angle on a potential escape attempt, you can also turn toward your opponent's legs. In terms of your base, this variation of kesa gatame is mechanically similar to modified kesa, but your attacks options are radically different now that you are facing his legs rather than his head. One arm will either be around his far shoulder or wedged under his armpit [wrapping the far shoulder is more traditional while grapplers like Marcelo Garcia advocate jamming your elbow in the armpit, effectively putting both of your opponent's arms behind your back where they can't do much], and the other arm will be free to troubleshoot, blocking the hip and pulling at your opponent's legs as you need to. Your biggest option here is to mount, but as you push your hips backward, you can isolate an arm and potentially hunt for head and arm chokes. If your opponent gets really aggressive with his escape attempts, you could potentially set up a back take or a transition into the truck.

TWISTER SIDE CONTROL

The difference between reverse kesa and twister side control is largely philosophical, but there are a few slight positional variations. If you play twister side control, you are almost exclusively looking to bait your opponent to turn toward you so that you can hook a leg, and roll over and under his hips to take the back or to secure the truck [although if the mount opens up along the way, great]. To facilitate this roll, you typically want your arm in your opponent's armpit, and you can adopt a wider, more extended leg position that can sometimes drift mo e toward a north/south position. This leg position creates the large gap that entices your opponent to start stepping toward you. His hips can turn, but your top pressure keeps his shoulders pinned, exposing him to the leg trap. Even if you have no interest in the twister or the truck, twister side control can be a practical way to transition into or out of north/south.

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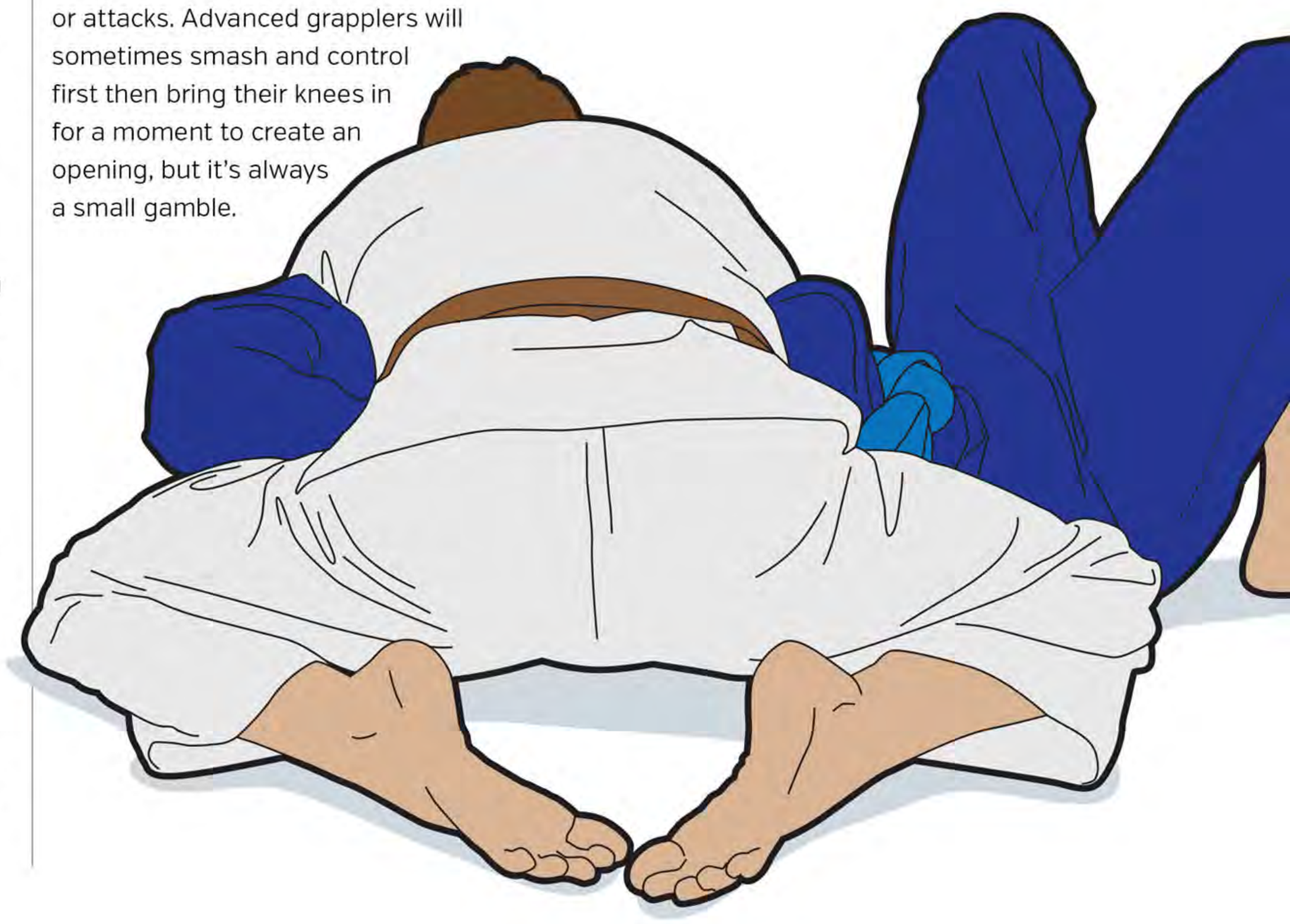
NORTH/SOUTH

Some instructors will categorize north/south separately from side control, but that's really a matter of semantics. As we saw with twister side control, the difference between side control and north/south, where you are more parallel to your opponent, is a gradient. At either extreme, it's easy to say what is side control and what is north/south, but in the between, the definition is not so clear. In most applications, dropping into north/south will be just as common as turning into a kesa variation. Changing that angle to kill a frame and give you access to an arm or the neck when your opponent is doing a good job of defending one of your other top positions. Although north/south looks less secure because you are so far from your opponent's hips, your ability to pin the shoulders and smash the head makes this position incredibly dominant. From here, your big attacks will be a Kimura and a north/south guillotine, but you can also potentially take the back.

SIDE CONTROL WITH BOTH KNEES IN

Anytime your chest is facing downward–north/south, head and arm, or guard block control–you have a few leg positioning options at your disposal, each with their own strengths and weaknesses. Beginners often gravitate toward having both knees in because it feels more natural and secure. Eventually, they learn that they can apply more pressure by sprawling their legs backward, sinking their bodies lower to the mat and resting more of their weight on their opponent's rather than on their own knees. While it's true that having both knees in reduces your ability to apply pressure, abandoning use of the position altogether is likely a mistake. If you spread your knees wide to keep your butt low, having both knees in provides a high degree of mobility. Yes, you sacrifice control and create extra space, but that tradeoff opens up opportunities for fast transitions to other positions or attacks. Advanced grapplers will sometimes smash and control first then bring their knees in for a moment to create an opening, but it's always a small gamble.



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SIDE CONTROL WITH ONE KNEE UP

A good rule of thumb for any top position: sprawl the leg on the side where you want the most pressure. This creates a natural lean for your body, helping you to aim your weight. If you have head and arm control for example, sprawling the leg on the same side as the arm wrapping the head allows you to create intense shoulder pressure while having the knee up fills the space your opponent needs to reguard, helping you to control his hips. Like most top positions, you will probably surf between various leg placements, but this one is pretty common.

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SIDE CONTROL WITH THE OTHER KNEE UP

If the leg that sprawls helps you create pressure, the knee tucked up helps you to be mobile. Instead of blocking the hip with your tucked knee, you can switch, sprawling the leg closest to the hip and pulling the other knee up. If you keep your hips low and tight, this variation can direct your pressure to your opponent's hips, trapping them to the mat while your bent leg helps you hunt for attacks. In the gi, this sets up a few different stepping chokes. You can also use this position to start pinning an arm to the mat or working your way into kesa gatame, modified or otherwise. Yes, this is a nuance, but it's an important one.

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KNEE ON BELLY

Like north/south, some grapplers would dispute my classification of knee on belly as side control. In my mind, knee on belly is side control with a lot more space. If you play a standing guard passing game, you will typically secure knee on belly before dropping down into a lower side control position. If you are already in side control, you might transition to knee on belly to prevent the escape if your opponent succeeds in bridging you up and away. Either way, your top game is incomplete without knee on belly. This highly mobile position lacks the smothering pressure of most side control positions, but it can still be incredibly dominating. The pointed pressure of your knee sinking into your opponent's diaphragm can create opportunities for armlocks and chokes well before you transition to another position.

REVERSE KNEE ON BELLY

You won't earn points for this position, but it can sometimes become a necessity against a highly mobile opponent. Switching to reverse knee on belly can help you to hide your leg from a reguard attempt, further leveraging the mobility of knee on belly to breakdance your way in and out of positions as you see fit. If you set your reverse knee on belly low on your opponent's midsection, you can use the position to begin attacking the legs, sliding into a kneebar or toe hold attempt. If your reverse knee on belly is higher on the body, knee on belly can morph into knee on head, which is extremely effective at both creating control and ruining friendships.

This basic vocabulary should help to bring clarity to the chaos of top control. There are a few other variations in body positioning and grip preferences that we didn't explore here, but you have a starting point at least. From here, you can start to better understand the strategy you employ from the top and why you choose some positions over others.

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TECHNIQUE

THE ABCs OF THE ARMBAR WITH MARCOS TINOCO

WORDS: **MIKE VELEZ** | PHOTOS: **RIC RICARD**

MARCOS SILVA, WHO GOES BY TINOCO IS A BLACK BELT FROM BRAZIL WHO RECEIVED HIS BLACK BELT FROM THE LEGENDARY MARCELO GARCIA. TINOCO WAS BOARN AND RAISED IN BRAZIL AND MADE THE MOVE TO THE STATES AS A PURPLE BELT IN 2011. In 2013 Marcos moved north to New York City where he would train under Marcelo Garcia after having been given the blessing by his then instructor Juarez Soares. Since making the move Marco's jiu-jitsu has gotten even shaper thanks in part to the high-level of competitors that can be found on the mats in New York at MG headquarters. In 2014 he won gold at the Worlds as a brown belt. Since becoming a black belt under Marcelo in 2015 Marcos has won the No-Gi Pans. We got together with Marcos to go over one of his favorite finishes, the armbar. Marcos breaks it down all the way from the most simple technique to some more advanced versions.

RAW DATA
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FULL NAME: Marcos Vinícius da Silva Tinoco
NICKNAME: "Lekinho" is a jovial or upbeat way of saying "Muleke" or "Muleque" which stands for "young" in Brazilian slang. This is usually attributed to a person with a playful personality.

Lineage:
Mitsuyo Maeda > Carlos Gracie > Helio Gracie > Rolls Gracie > Romero Cavalcanti > Fabio Gurgel > Marcelo Garcia > Marcos Tinoco

MAIN ACHIEVEMENTS:
- World Champion (2014 brown)
- Pan American No Gi Champion (2015)
- NYC Pro Champion (2014 brown)
- New York Summer International (2014 weight & absolute brown)
- World Championship runner-up (2013 brown, 2011 purple weight & absolute)
- World Pro Championship runner-up (2012 purple)

FAVORITE POSITION/TECHNIQUE: Lasso Guard and Armbar
WEIGHT DIVISION: Peso Médio (181lbs/82kg)
TEAM/ASSOCIATION: Alliance

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BASIC ARMBAR FROM CLOSED GUARD

In any fundamentals class this is probably the first armbar, or maybe even the first submission, that many of us learn. As basic as it might be, it's easy for us to forget some of the fundamental aspects of any technique. Marcos is going to show us this fundamental finish with a couple of tips on how he likes to perform it.

STEP 1

Marcos has Scott in his closed guard. Marcos uses his left hand to control Scott's right sleeve by holding his hand close to his body and uses his left hand over the arm to control the elbow. Marcos wants Scott's arm to be near the centerline of his own body and not off to the side. Scott's elbow should rest squarely on the center of Marco's belly.

STEP 2

With control of the arm secure, Marcos moves his left grip to Scott's opposite collar. One detail worth pointing out is how Marcos uses a thumb in grip of the collar with his thumb pointed down. This will make the release of the collar later in the technique easier.

STEP 3

As soon as Marcos grabs that collar, he pulls Scott down and to his left to break his posture.

STEP 4

With Scott's posture broken, Marcos quickly opens his guard and puts his left foot on Scott's right hip and pivots his body to his right using his right leg to hook it over Scott's back. The pivot is done by pushing off on the hip with his left leg and biting down with his right leg over Scott's back.

STEP 5

At this point, it's important that Marcos gets heavy with that right leg over the back. Keeping that leg down tight keeps Scott from being able to posture up, and if he needs to Marcos will cross his feet to establish a high-guard on Scott.

STEP 6

Now, Marcos pushes Scott's head away with his left hand so that he can swing his left leg out from the side and over Scott's head. Once that leg is over, Marco's bites down with that leg over the head so that Scott can't posture up.

STEP 7

As soon as both legs are over, and keeping Scott tight, Marcos lets go of the collar and brings his left hand to Scott's wrist and grabs ahold of it to keep him from escaping and also makes sure Scott's thumb is pointed towards the ceiling. Once that's all secure, Marcos can finish the armbar by thrusting his hips upward, while also pulling downward on Scott's arm.

KEY POINTS

With any armbar, it's important that you have a fulcrum between the elbow and shoulder- the closer to the elbow, the better. In the case of this armbar, it's Marcos' groin. Sounds strange if you've never done this technique but don't worry, when properly executed, it won't be painful for the person applying the pressure.

During this entire technique it's extremely important that you keep control of your opponent's arm by keeping the hand as close to your head as possible. That way your groin is below their elbow the entire time. If they managed to sneak that elbow out, you won't be able to finish.

CLOSED GUARD ARMBAR WITH COLLAR CONTROL

The most important aspect of any armbar is controlling that arm. Sometimes, when you attempt an armbar, your opponent will know it's coming. Other times, you'll catch them by surprise. When they know your intent, their easiest defense is to deny you control of that arm. In this case, Marcos has a simple adjustment to basic closed guard armbar that will increase the odds of you keeping control of that arm.

STEP 1

Starting with Scott in Marcos closed guard, Marcos controls the right hand at the sleeve cuff with his left hand. Before the intent is known, Marco's opens up Scott's lapel and stuffs the collar beneath the right arm.

STEP 2

Once the collar is under and through the arm, Marcos brings his right hand out and over Scott's right arm to grab the collar as high as he can so that the collar is above the elbow and traps Scott's arm by the triceps.

STEP 3

With that added level of control of the arm, Marcos performs the armbar just as before: going with the thumb in grip of the collar, posting his left foot on the hip, pivoting his body with his right leg over Scott's back, and biting down with that leg.

STEP 4

Now, with his left hand, Marcos pushes the head away, bringing the left leg over the head, biting down with both legs, hipping up, and finishing. Remember, thumb up for the finish.

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PHOTO: BANE VISNJIC

ARMBAR FROM FAILED TRIANGLE

When Marcos first showed us this technique, our sneaky instincts went crazy. This armbar is from a failed triangle attempt, but the triangle can easily be used as a bait for this armbar since your opponent won't see it coming.

STEP 1

Marcos has Scott in his closed guard and is controlling Scott's right sleeve with his left hand using a four-finger outside grip of the cuff.

STEP 3

Scott knows what's coming so he counters by shrugging Marcos' right leg over his head.

STEP 2

To go for the triangle, Marco' stuffs Scott's left hand between his legs while at the same time moving his left foot to the hip to push off and elevate his hips and bringing his right leg over Scott's shoulder. This would be the first half of your basic triangle from closed guard if Marcos were to continue.

STEP 4

As the legs are going over, Marcos immediately pushes Scott's left shoulder away to create a frame.

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STEP 5

Next, Marcos brings his left foot to the mat to push off and escape his hip out to his left side. As he's doing this, his right leg shin is now between Scott's neck and right shoulder.

STEP 6

While maintaining the grip of the sleeve, Marcos passes his left leg over the right side of Scott's head by bringing his leg down on the neck.

STEP 7

As soon as the left leg is over Scott's head, Marcos bites down with that leg and extends his hips upward while pulling down on the wrist, thumb up, to finish the armbar.

With any armbar, it's very important that you keep control of the arm. Once you make the pivot in Step 2, that elbow can never go past your groin; it has to stay as high up on your body as possible. Fight hard for that control, don't let it go.

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OMOPLATA TO ARMBAR

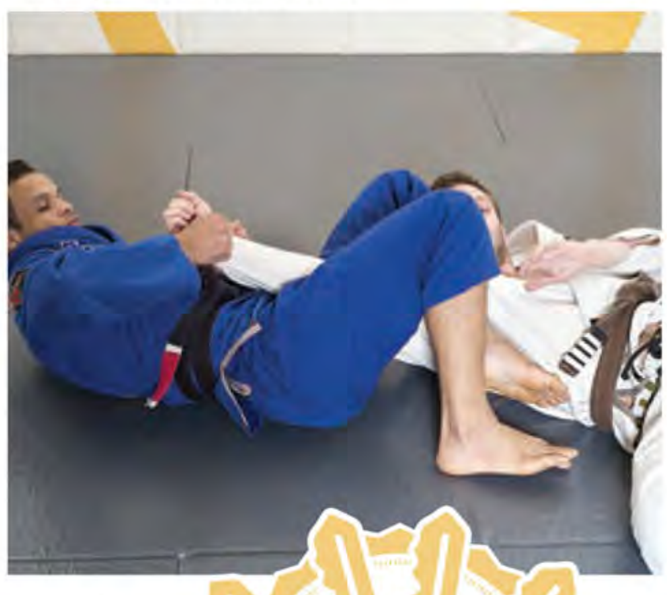
In this one, Marcos is going to show us how to catch your opponent in an armbar if you were going for an omoplata and they happen to do a forward roll to escape.

STEP 1

Marcos makes his attempt of the omoplata by opening his guard, pushing off of Scott's left hip with his right foot and sliding his left leg along S ott's back to trap the target arm and shoulder.

STEP 2

In order to get the omoplata, Marcos would need to quickly wrap his arm around Scott's back or grab the belt to prevent him from doing a forward roll. This is the primary escape from an omoplata. But for this demonstration, Marcos doesn't prevent the roll and Scott rolls forward to escape the omoplata.



STEP 3

When Scott lands from the roll, Marcos' left leg will be wrapped over Scott's arm. Scott won't want to stay flat on his back for very long, he'll want to sit up. As he does this, Marcos will cross his right leg over his left nd then use both legs to push Scott's upper body back to the mats.

STEP 4

With Scott's back to the mat and pressure from Marcos' legs keeping him stuck, Marcos extends his hips while pulling back on the arm to execute the armbar. Again, thumb pointed towards the ceiling to get the finish.

KEY POINTS

Once again, the big key here is to not let go of that arm or allow your opponent to pull that elbow out.

You could also use this technique if you were further along in the omoplata. Let's say you did grab the belt, or somehow kept them from rolling, but maybe you're not getting the finish. In this case, you can turn your attention to this armbar and "accidently" let go of the back control. Your opponent will see the opening to do the roll, and then you catch them with this instead!

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ARMBAR ATTACK ON SITTING GUARD

If you pull this one off in competition, expect the video go to viral. This is a cool looking finish that with enough practice will be much easier that it might look thanks to the element of surprise.

STEP 1

Marcos is standing and Scott is playing sit-up guard.

STEP 2

Marcos gets close enough so that Scott engages him by reaching up for a collar grip. This is very common in this situation. Marcos reaches in with his left hand for a same side collar grip on Scott. Both of them control each other's sleeve with their free hands.

STEP 3

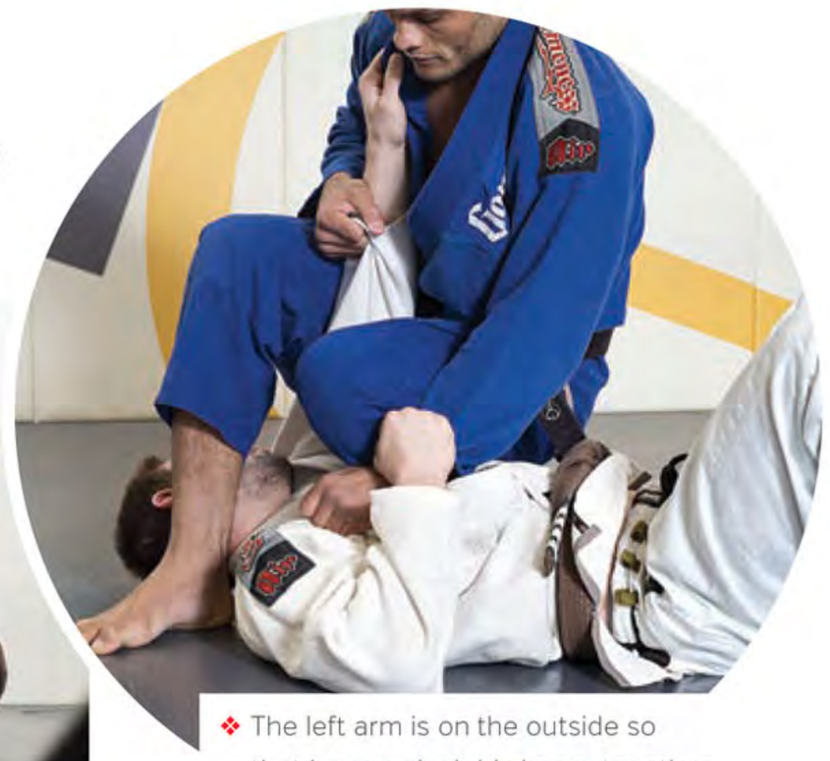
If Marcos stays in this position for too long, he runs the risk of getting caught in some sort of guard. So, once grips are established, he wants to work quickly. Marcos leads with his left foot and takes a deep step to the outside of Scott's left hip. As he's doing this, he's pushing on his grip of Scott's collar while pulling up on the left sleeve.

STEP 4

As soon as that left foot hits the mat, Marco's quickly brings his right foot leg around and over the top of Scott's head. Marcos is still pushing Scott back with his left hand on the collar.

STEP 5

As soon as the leg is over Scott's head, Marcos pinches back with that right leg while at the same time squatting down and maintaining control of the captured arm. His left leg is bent at the knee so that his shin is against the side of Scott's ribcage.



❖ The left arm is on the outside so that he can pinch his knees together

STEP 6

Note that when Marco falls to the mat that his left arm is on the outside of his knee. This is so that he can pinch those knees together to help with the armbar. Once he's in this position, he can let go of the collar and focus on the captured arm.

STEP 7

To finish the armbar, Marcos makes sure that the thumb is pointed up as he pulls back on the arm while pushing his hips away. If there was any difficulty getting the finish from there, Marcos can also pull the arm over to his left side to get a little more range of motion to finish the armbar.

KEY POINTS

This is one of those techniques that you probably won't get the first time you try it so take the time to drill this one in practice.

The most difficult part of this technique will be clearing the legs to get that initial side step. That's where drilling will come in handy. Play with different attacks and movements prior to taking that step.

KETTLE-JITSU

INCORPORATING THE TURKISH GET-UP

WORDS AND PHOTOS: **PATRICK FLORES**

KETTLEBELLS HAVE BEEN AROUND FOR A LONG TIME. IF YOU'RE NOT FAMILIAR WITH THEM, IT'S BASICALLY A CANNON BALL WITH A HANDLE. People have been using them for many years to develop strength, functional strength to be specific. Unlike a traditional weight machine, kettle bells focus on developing core and functional strength. It becomes very important in combat sports such as jiu-jitsu that call upon core strength frequently. A single kettlebell, if used correctly, can greatly supplement your jiu-jitsu game.

Joey Alvarado is a Roger Machado Black Belt that has been training in jiu-jitsu for over 20 years. As an instructor at Legacy Jiu-Jitsu in Burbank, CA, he supplements his students' training curriculum with body weight exercises and kettlebell workouts. It eventually became known as "Kettle-Jitsu". In jiu-jitsu, kettlebells have many applications and benefits. For jiu-jitsu academies, it's a great way to provide an additional component of class, and a way to provide complementary training without the need for expensive equipment. Space is also limited at academies, and kettlebells take up relatively less space than, let's say, a weight bench.

Kettlebells are a great way to develop functional strength. Many of the pushing and pull strength used in jiu-jitsu techniques can be trained with kettlebells. They're also great for developing grip strength. When the kettlebell techniques are done correctly, they can also serve as a way to develop muscle memory of certain jiu-jitsu techniques. As we examine in this article, the Turkish get-up is a movement found in many jiu-jitsu techniques and can be developed to be stronger with the use of the kettle bells.

Check out Joey Alvarado's website, **kettlejitsu.com**, to learn more about his training system.

BEFORE WE GET STARTED

- **Warm up!** Joey emphasizes before you pick up the kettlebell, warm up to prepare your body. It will reduce the risk of possible injury when doing these exercises.
- **Use a weight you are comfortable with** in the beginning in order to get accustomed to the technique. Don't jump to a heavy kettlebell because it's the recommended weight for your body type. It's better to use a kettlebell you are comfortable with. Just like jiu-jitsu, the technique comes first.
- **Finally, get an experienced instructor** that can show you the proper techniques. Learn the basics, and don't rely on YouTube for your kettlebell training regimen.

TURKISH GET UP (USING A KETTLEBELL)

NOTE: Joey recommends practicing the Turkish get-up without a kettlebell at first to get the movements and technique down.

Place the kettlebell in front of you with your feet parallel. Squat down, engaging your legs and glutes, to grab the kettlebell. When you do so, grab the kettlebell with your thumb pointing to the inside and bring it into the rack position.

The Rack Position

A kettlebell should sit comfortably between your bicep and forearm. This is an important position that should not be skipped! Always come to the rack position when performing this technique.

1. Bring the kettlebell over your head, always making eye contact.

2. With the opposite side leg of the kettlebell, come down and place your knee to the ground.

3. Plant your free hand on the ground. Notice that Joey keeps his eyes on the kettlebell.

4. With the knee making contact to the ground, feed the leg through, keeping your hips up high, and bring your butt to the ground.

5. Walk your hand out slowly and bring your back to the mat. Do not slam your back to the mat.

6. Press the kettlebell upwards, driving up to your elbow and then to your hand, engaging your hips upwards.

7. Pass your knee to the ground and use your legs to stand up.

8. Bring the kettlebell back to the rack position and back down to the ground.

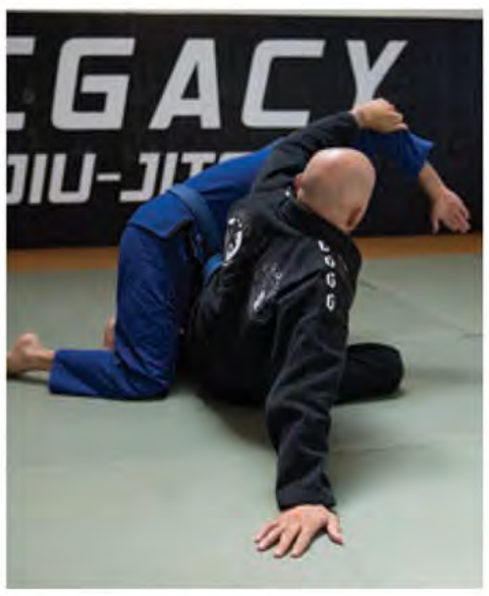
NOW FOR THE REAL INTERESTING PART...

TECHNIQUE: GUARD PASS DEFENSE – SINGLE UNDER PASS

The Turkish Get-Up can be applied to a couple techniques in jiu-jitsu. In this scenario, an opponent tries to pass using an underpass when they have control of one leg. This is a very common pass and one of the first passes students learn. Joey uses the same motion of the Turkish Get-Up to prevent the pass, directly applying the exercise to the execution of technique.

1. Your opponent gets their shoulder under your leg and begins to execute the pass.

2. As they come around, take your hand that is closest to your opponent and push on their elbow as if it were the kettle bell.



3. Like with the Turkish Get-Up, drive up with your elbow to your hand.

4. Pass your leg back and quickly come up on your opponent. This step can become a scramble, so if you can't get the top position, you can still recover your guard and are better off than being passed.

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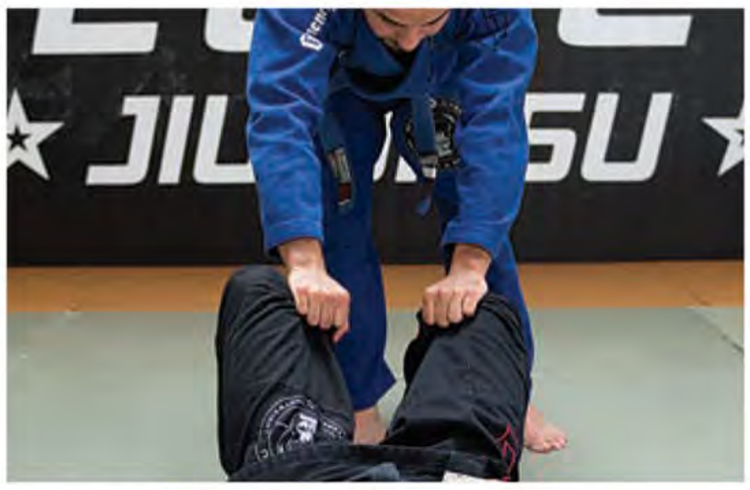
TECHNIQUE: GUARD PASS DEFENSE – BULL FIGHT (TOREANDO)

Another great application of the Turkish Get-Up is a defense of the very common bullfight pass. Professor Joey emphasizes that this is often a scramble, so engage this technique with more intensity.



1. With both grips on your pants, your opponent begins to pass.

2. Insert your hand to the opposite side of your opponent's hip. Feeding it through, holding the thigh.

3. Quickly drive up to your elbow using the get-up movement, and circling your legs away from your opponent into a kneeling position. Depending on your opponent's reaction, you can end up in a position to engage with a double leg.

TECHNIQUE TIP: SWEEP – BUMP SWEEP

This common sweep is often met with resistance which can result in a failed sweep attempt. Using the Turkish Get-Up in this scenario can help increase your chances of completing this sweep.

Drive all the way up with the bump sweep, coming up to the palm of your hand and elevating your hips. Notice how the motions are very similar to that of a Turkish Get-Up. Take note to how Joey uses his hip to bump his opponent.

GET-UP

Kettlebells are not only a great workout for developing functional strength; they apply really well to jiu-jitsu techniques. It's one of the best ways to supplement your current jiu-jitsu training. The Turkish Get-Up will help develop your body mechanics and strength to give you that leg up on your next opponent!

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ATTACKS FROM IN THE DEEP HALF

WORDS: **MIKE VELEZ** | PHOTOS: **RIC RICARD**

GORDON RYAN HAS TWO FIRST NAMES. BUT THAT'S ABOUT ONLY THE THING THAT GORDON HAS IN COMMON WITH MERE MORTALS. Until a few weeks ago, Gordon was "that kid that trains with Garry" as he was referred to in conversations. "Hey have you seen that kid that trains with Garry? Dude is a BEAST!" is usually how it would go. Well, the whole world got to see just who that kid that trains with Garry is at EBI6. This potentially had the largest audience ever for a PPV grappling event thanks to its broadcast through UFC Fightpass. What exactly did the world witness? Two submissions by Gordon in regulation along with two more in the overtime session and enough to walk away with $25,000! We got together with Gordon to find out more about him along with some of his techniques that I think you'll really enjoy.

GETTING TO KNOW GORDON

JJM: How did you get into jiu-jitsu?
Gordon: Okay, this is actually an interesting story. When I was little, probably six or seven, I had a daycare teacher. He didn't do jiu-jitsu, he usually just watched UFC, and he used to just come in and teach us submissions that he saw in the UFC, and we would always just wrestle around. So, we always just wrestled around in the daycare, and then one day I was shopping with my mom when I was like fifteen and I was like, "Oh look! Look at that jiu-jitsu place." It just happened to be owned by one of Ricardo Almeida's black belts. I started training there and ever since then I've just been with this team, and training with these guys.

JJM: When did you start doing more no-gi stuff? Or did you always do no-gi?
Gordon: The first two and a half to three years of training was only the gi. I pretty much never trained no-gi. Then, when I was probably around purple belt level, I started training a lot more no-gi, but I was still training a lot in the gi. Probably when I was a brown belt I started training pretty much only no-gi because at that point it just made more sense. There were more no-gi tournaments. There were more no-gi tournaments for money, and eventually I'm going to start fighting so I kind of learned to break away from the gi training at around brown belt.

JJM: When did you receive your black belt?
Gordon: I got it February of this year from Garry Tonon and John Danaher after a little over 5 years of training, I'm Garry's first black belt.

JJM: What's your day like as far as training days?
Gordon: I train seven days a week anywhere from two to five, or two to six times a day. At least twice a day. My most intense day being a Wednesday. I wake up at 5:30 and head into the city. I take John's 7:30 class, and I train. Then, I either train at 11:00 in the gi, or box at 11:00, and then 12:00 I take John's class. After that we train, then I drive back to Jersey, then I drive right from there to go teach at Dante Rivera Brazilian Jiu-Jitsu from 6:00 to 7:00. Train with his guys until 7:45. I drive back to Brunswick BJJ, the school Garry owns, train 8:30 to 9:30. Then I go to the Rutgers Club that Garry teaches, the Rutgers BJJ, and then train there from 10:00 to 11:30.

JJM: Wow. That is insane. So your five years is more like twenty years for most other people.
Gordon: Yeah. It's been five years, but ever since purple belt, because I was still in high school so I couldn't train all day long, but ever since purple belt after I graduated, I've pretty much just been training all day, everyday from then on.

JJM: Do you plan on doing any gi tournaments, or any competitions?
Gordon: I still compete in the gi. I competed as a black belt in the gi. I'll compete in the gi. I'll do some gi tournaments, have super-fights in the gi. But I don't really train for elite level competitions in the gi. I'm happy to compete against anyone in the gi, I just don't think that beating anyone from our team in the gi really proves anything because we don't really train in the gi, but I'm always open for matches in the gi for sure.

JJM: Do you subscribe to Garry's diet? Do you eat cheeseburgers and french fries all the time?
Gordon: Yeah. I pretty much eat what I want unless I'm cutting weight. When I start cutting weight, I cut a lot of weight for tournaments, so I'll eat healthy then, but other than that, I eat whatever I want. I walk around at 190 lbs. and I compete at 150.

JJM: After winning EBI do you feel like there's a lot more pressure for you out there?
Gordon: There's not really any added pressure for me. I think I've always had the level of jiu-jitsu needed to have high level matches and compete against, and possibly beat, these high level guys. I think it's just a matter of showing it to the world, and I think that EBI allowed me to do that. Now I just think it's a matter of me getting

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FULL NAME: GORDON F. RYAN III

Lineage:
Mitsuyo Maeda > Carlos Gracie Sr. > Helio Gracie > Carlos Gracie Junior > Renzo Gracie > Ricardo Almeida > Tom deBlass > Garry Tonon/ Johh Danaher > Gordon Ryan

MAIN ACHIEVEMENTS:
- World No-Gi Champion (2015 brown)
- EBI 6 Champion (2016 absolute)
- Newaza Challenge Champion (2015)
- Grappling Industries Tournament Champion (2016 absolute)
- Pan American No-Gi Championship 3rd Place (2014 purple)

FAVORITE POSITION/TECHNIQUE:
Triangle/Heel-hook
WEIGHT DIVISION: Peso Leve (76kg/167lbs)/ Peso Médio (82kg/181lbs)
TEAM/ASSOCIATION: Renzo Gracie Association/Brunswick BJJ

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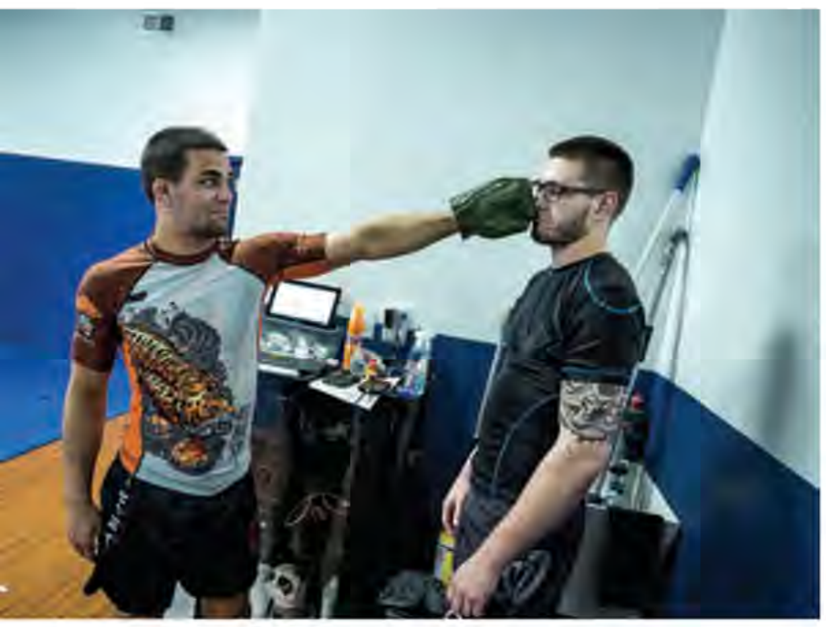

matches with these big names, and seeing how that goes.

JJM: How much did you win for winning the whole thing?
Gordon: $25,000

JJM: Have you spent any of it yet?
Gordon: I'm trying to sell my Jeep and get a new car. So, we'll see how much I spend on that, but that's what I have planned.

JJM: Out of all the matches who was the toughest?
Gordon: In my opinion, Rustam is always going to be hardest to submit. I think my toughest match overall was probably Yuri just because of the constant pressure and back-and-forth, side-to-side guard passes that he tried. I think my toughest match overall was probably Yuri, but I think the hardest guy overall to submit was Rustam.

JJM: Could a rematch with Yuri be in the works?
Gordon: Yeah, absolutely. I think in a submission only match I have a very good chance of winning again. Depending on the time limit. I think in a point match it's much harder to beat Yuri. I think in any kind of points format Yuri is one of the hardest guys in the world to beat. Either way I'd compete against him again for sure.

JJM: Did you have a plan if you and Garry had matched up at EBI?
Gordon: Yeah. If Garry and I met and we were going to compete, we would compete just like we were competing against anybody else. The only agreement that we had was to not aggressively rip submissions if we got them. We were going to do the same thing we do in training. If we locked a submission, we were going to lock it up to the full extent and apply it slowly from there. If the other guy didn't tap, we would absolutely break their arm, or break their leg, or choke them unconscious, but we were not going to intentionally injure each other and just not give each other time to tap. We were going to 100% fight, but respect each other enough, and not try to injure each other.

JJM: Would you say Garry probably knows your entire game, or do you think there's some stuff you would have been able to surprise him with?
Gordon: We pretty much know each other's games. In training, he submits me, I submit him. We go back and forth, and we have competitive matches. It's relatively even when we go back and forth. On any given day, he can submit me and I can submit him, but we definitely know each other, but we catch each other a lot.

JJM: How's your training changed since the win?
Gordon: EBI has motivated me even more. I'm just kind of obsessed with getting better at submission grappling now. My mom's like, "Oh do you want to go on vacation in August? We could go to Costa Rica, or something." I'm like, "I'd rather just stay here." She's like, "But it's your 21st birthday." I'm like, "Yeah, but I'd rather just stay here and train." I think there's nothing else ... no other place that I'd rather be than just training than with the guys in the city. All the guys are out here. I love doing it, and all I want to do is get better at this.

JJM: What have you had to sacrifice to get where you are today?
Gordon: I've sacrificed the life of a normal twenty year old. Right out of high school I pretty much lost all my friends. I wasn't going out and partying and doing all the stuff that a normal teenager would. I pretty much just train, eat, sleep, train, eat, sleep. During my weekends, I just train in the morning and then train in the city at night a lot of times. I've sacrificed what normal teenagers would be doing around twenty years old, but it's all worth it in my mind.

JJM: What are your plans moving forward?
Gordon: Right now just find ways to compete in submission-only events against the biggest names in sports. Everyone knows who they are, and those are the guys I want to compete against. Eventually do MMA. I think what EBI is doing is great, so I'm going to stick with competing with tournaments like that and hopefully some more things pop up. Eventually I'm going to start fighting, but not sure when.

JJM: Obviously you won, but do you think coming in last minute, as a replacement for Eddie, was an advantage or disadvantage?
Gordon: I was one of the main training partners for these guys coming into this camp. Considering I'm one of the bigger guys in the camp, I was training with them the whole time. I was just about as ready as them. We were doing a lot of stuff, situations, like escaping the back, and controlling the back and stuff like that. I was pretty much doing all the drills that they were doing, Garry and Eddie were doing anyway. So I felt pretty ready coming in.

JJM: Well thanks for the time Gordon. Good luck going forward and congratulations on your accomplishment.
Gordon: Awesome. Thank you so much. I appreciate it.

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STEREOSTAR RASHGUARD

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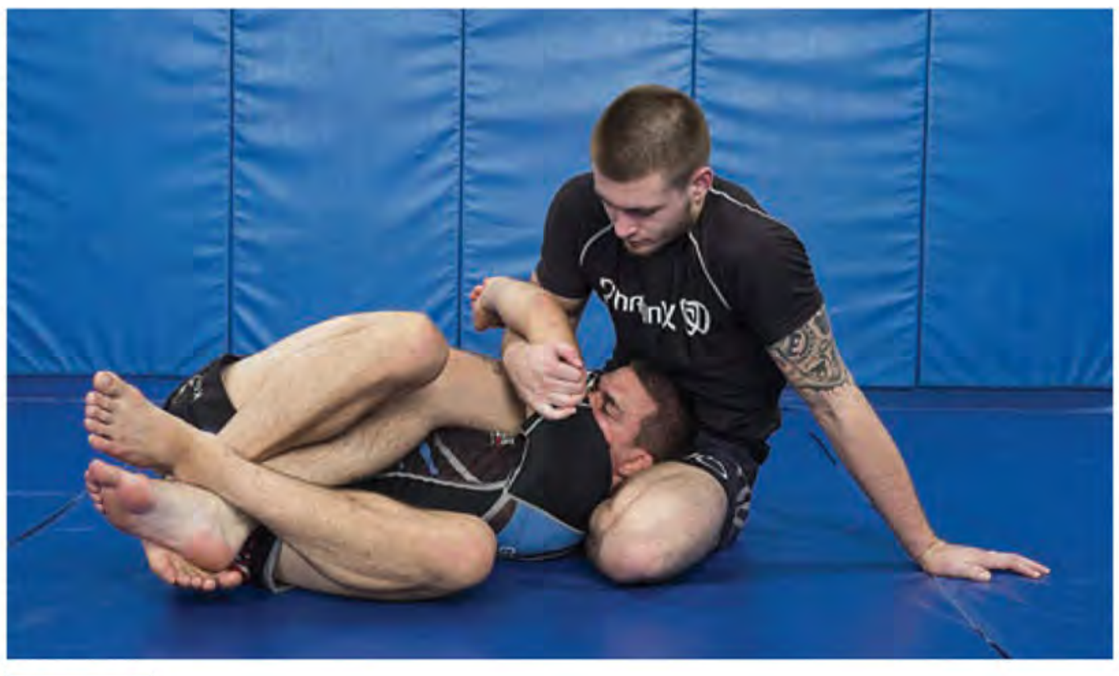
DEEP HALF IS A GUARD, THAT IN THE HANDS OF A SKILLED PRACTITIONER, CAN BE VERY DANGEROUS. WHEN YOU FIND YOURSELF ON THE RECEIVING END OF SOMEONE PLAYING DEEP HALF, YOU MAY NOT KNOW WHAT TO DO IF YOU HAVEN'T SEEN IT VERY OFTEN. From the bottom, there are a multitude of sweeps available, along with some pretty sneaky finishes that the opponent might not see coming. In this article Gordon's going to show us some of his favorite attacks when he finds himself in on top of someone in half guard. All of these techniques are demonstrated by him and Garry without the gi, but each of them can easily be performed in the gi without any modifications to the techniques.

FINISHES OFF THE BACK TRIANGLE

One of Gordon's favorite moves when his opponent happens to have him in deep half guard is to move to the back triangle. From there Gordon's going to show us three finishes, two on the arm along with a triangle.

STEP 1

Garry's working on getting to a comfortable position in deep half guard. Gordon uses his right arm to get an underhook of Garry's exposed left arm and pulls that arm up, lifting his shoulde off the mat.



STEP 2

As soon as Gordon gets the underhook he scoots his left knee forward and under the back of Garry's head so that he's more in-line with Garry.

STEP 3

Once Garry's head is shelved on Gordon's thigh Gordon pulls his foot out from under Garry and brings it to his left hip.

STEP 4

With the foot on the hip, Gordon pushes that leg down to help make space to free his right leg from between Garry's legs.

STEP 5

Once the leg is free, Gordon quickly crosses his left leg over Garry's body and brings his left leg over to lock up the back triangle.

STEP 6

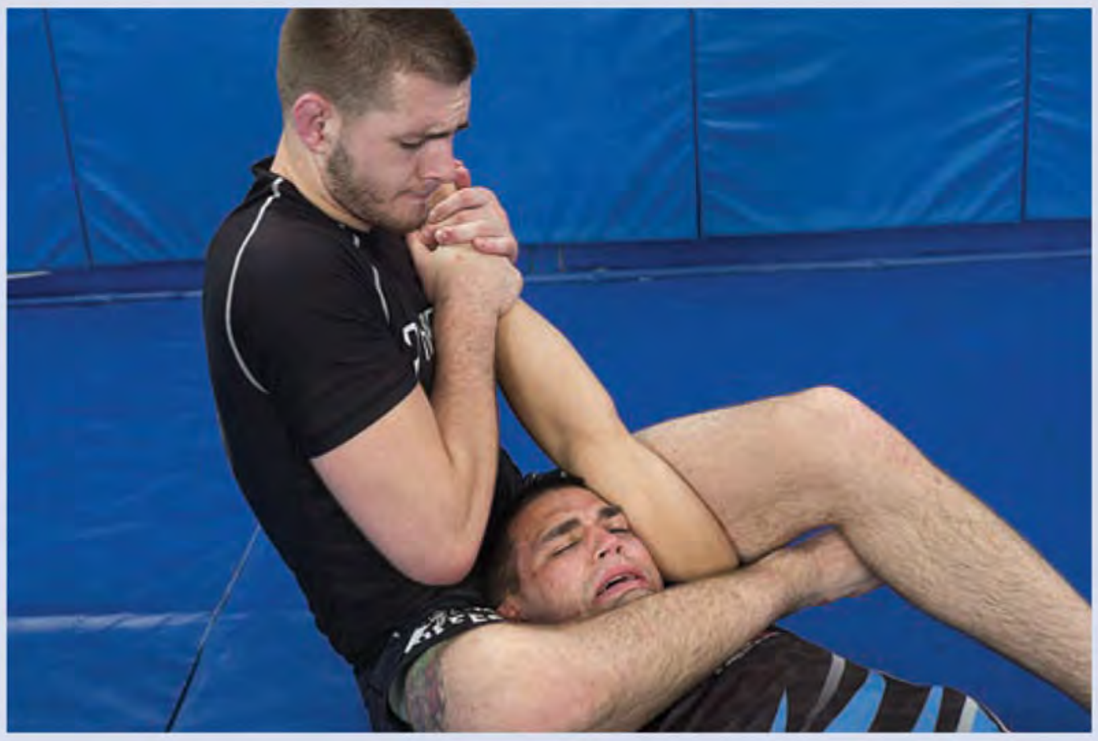
With the back triangle in place, Gordon has a couple quick obvious options to finish.

KIMURA

The first is a Kimura by lacing his left arm under Garry's arm, then getting a grip of the wrist with his right arm, locking up the Kimura grip, and pushing Garry's hand to the left while torquing the shoulder to finish.

ARMBAR

The second is pretty simple as long as the triangle is tight, all Gordon has to do is pull back on that arm across his left hip to finish.



CHOKE FINISH WITH LEG CONTROL

This is great triangle choke that might present itself if your opponent were to hug their legs to defend leaving that arm out there for a finish. Or, even if they don't defend that way, you can shoot for the leg. At one point it might look like a leg lock is coming, but you'll actually get them with a strangulation choke.

STEP 1

Using the same setup as before, Garry brings his legs up so that he can grab on as a safety, or if Garry doesn't bring his legs up, Gordon can reach for Garry's right side leg.

STEP 2

However he gets the leg, Gordon falls to his right side, or the side with the leg that's across, and brings Garry's foot against his shoulder.

STEP 3

Finally, Gordon locks up a Gable grip with his hands to keep Garry from busting loose with that leg. To finish Gordon pushes his hips forward while squeezing his legs together to finish with a triangle choke to finish.

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KIMURA FINISH WITH CRUCIFIX

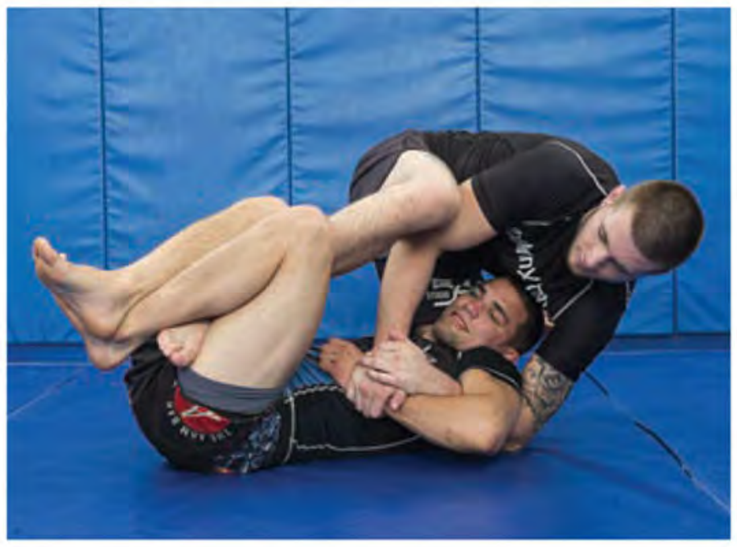
This one departs from the back triangle theme, but employs the same basic start while in your opponent's deep half guard. The control that you'll have on your opponent with this one is very difficult to escape from.

STEP 1

Starting in Garry's deep half guard instead of getting the under hook right away Gordon controls Garry's left hand with a hold of his wrist.

STEP 2

Next Gordon laces his left hand and arm around the back of Garry's left arm to grab his own right wrist, establishing the Kimura grip.



STEP 3

With control of the arm, Gordon leans to his left, with his weight towards Garry's head and pulls his right leg out from between Garry's legs.

STEP 4

Once the leg is free, Gordon crosses his legs, trapping Garry's right arm in a crucifix.

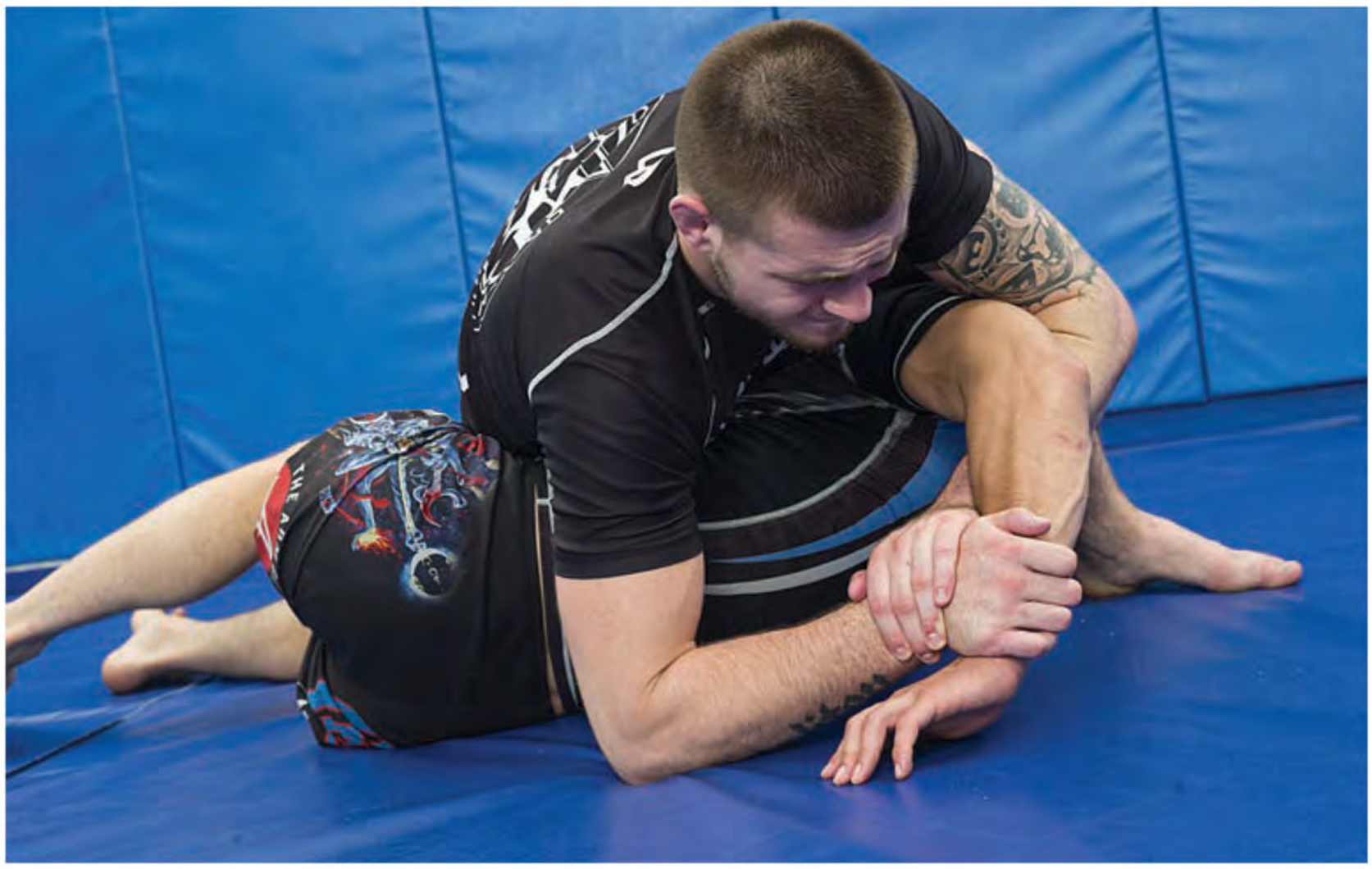
STEP 5

Now Gordon shifts his weight and his hips to his right side so that he's looking towards Garry. As Gordon transitions, he brings his left leg over Garry's head for control.

REVERSE

STEP 6

To finish the Kimura, Gordon pulls up on Garry's body to give the arm more range of motion and drives Garry's trapped hand up towards his ear to finish.

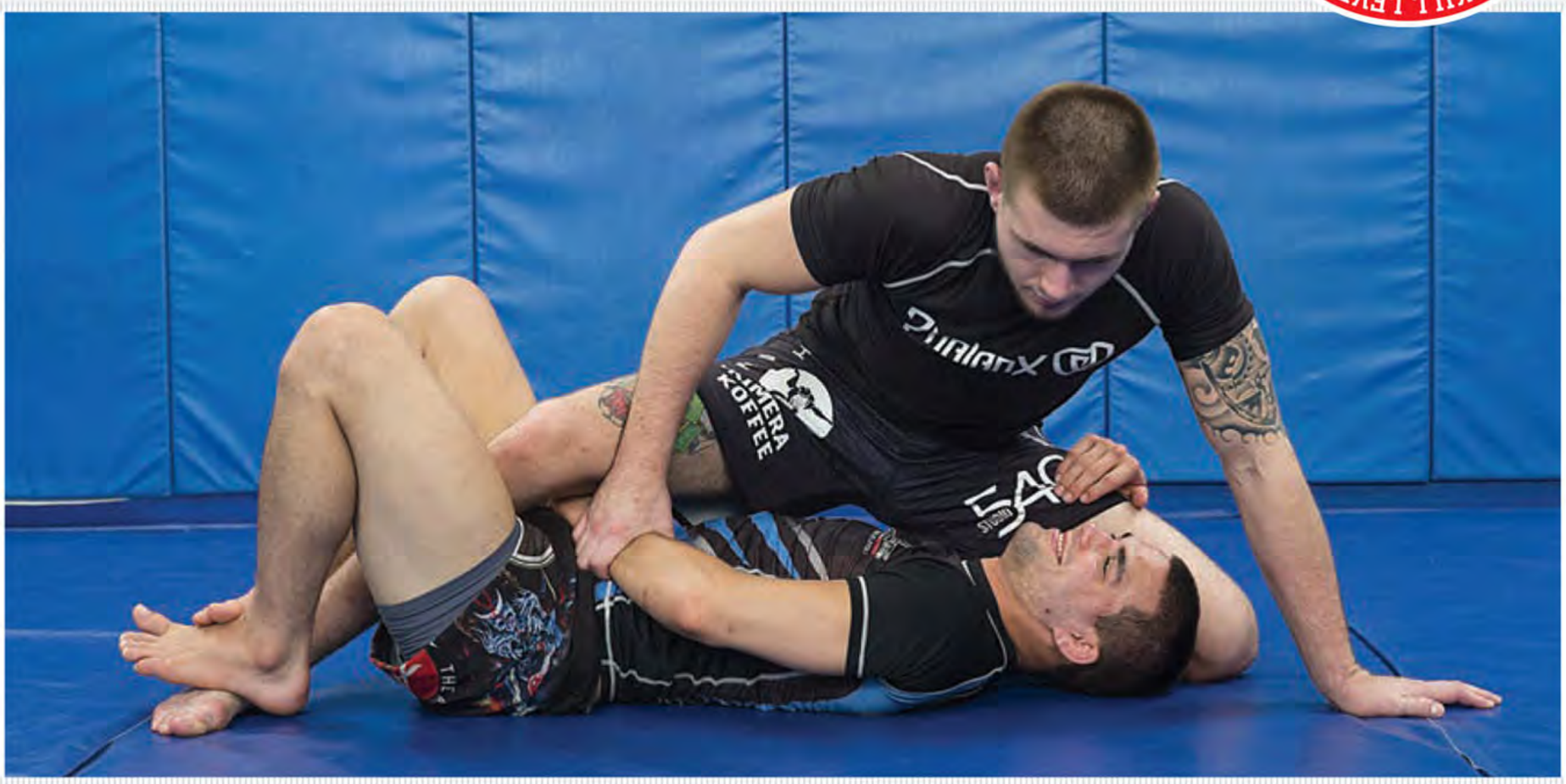


KEY POINTS

If Garry were to attempt to straighten his arm to defend, Gordon could switch to an armbar using his left bicep to block Garry's arm above the elbow, or he could recommit to the Kimura by bringing Garry's arm to a 90-degree angle at the elbow.

KNEEBAR OFF OF DEEP HALF

This is a finish that Gordon likes when working from his opponent's deep half guard. It's a very powerful kneebar with lots of leverage when gotten to quickly with intent to finish.

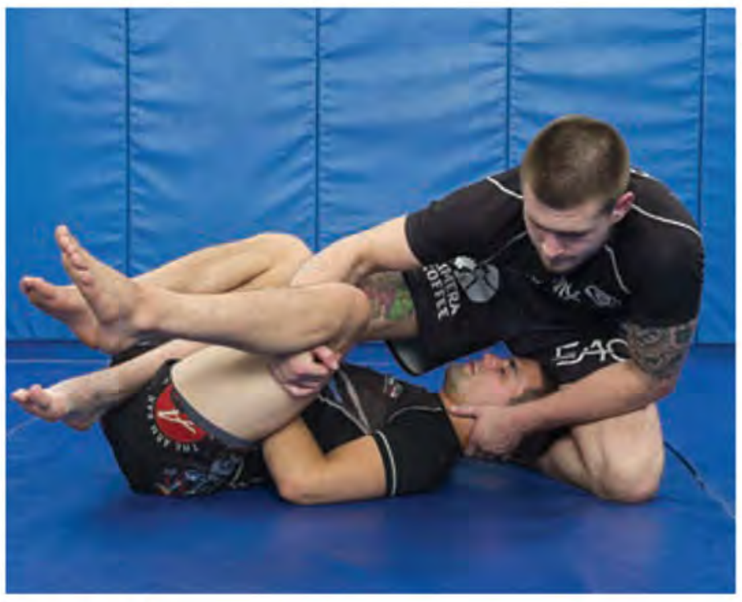


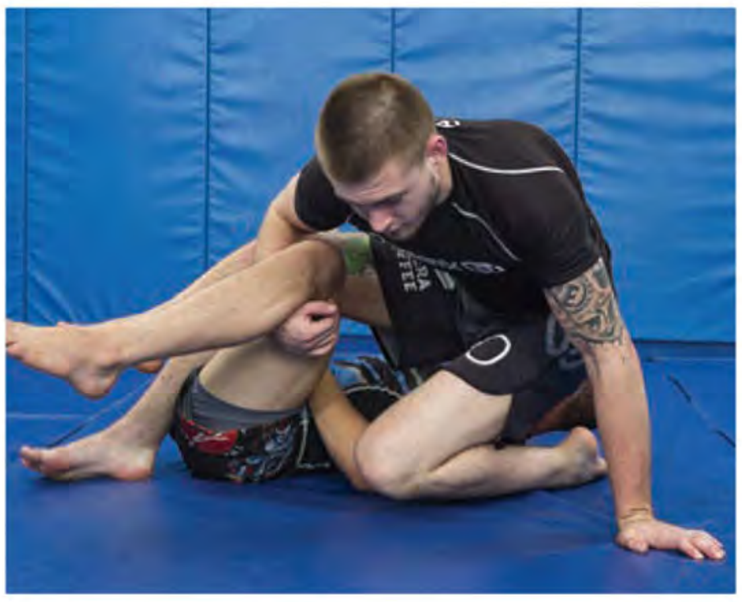
STEP 1

Starting in Garry's deep half, Gordon goes for the hand at first so that Garry's not thinking about his leg being the target.

STEP 2

Gordon quickly scoops his right arm through Garry's left leg to get a hold of that left leg while at the same time posting his left hand on Garry's head.



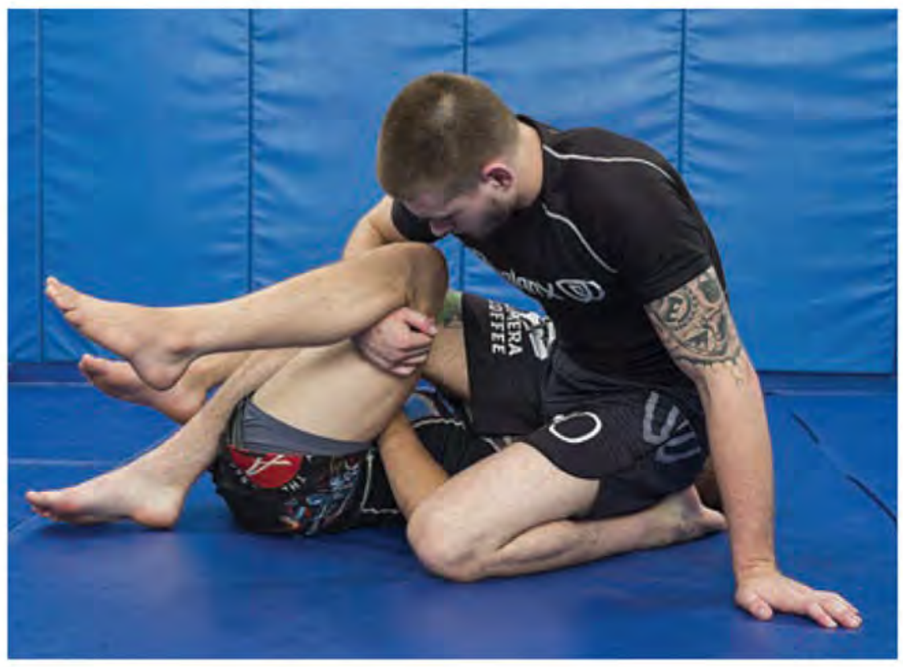


STEP 3

While holding onto the leg, Gordon stuffs Garry's head between his legs and scoots his left knee forward to pass over Garry's body.

STEP 4

Gordon continues towards the captured leg by posting his hand to the mat to lift his hips up and driving them forward to the top of Garry's left thigh. At the same time, he brings his leg out from underneath to straighten it out.



STEP 5

As soon as Gordon's hips make contact with the top of Garry's thigh, he drops back to his left side, posting his left elbow to the mat and pulls back on the leg with his right arm.

STEP 6

To secure the leg, and eventually the kneebar, Gordon wraps his left arm around the back of Garry's trapped leg and hugs it tight against his upper body. Garry's foot is over his shoulder.

STEP 7

Gordon pushes his hips forward and extends his entire body backward, bringing Garry's leg with him, to finish the kneebar.

KEY POINTS

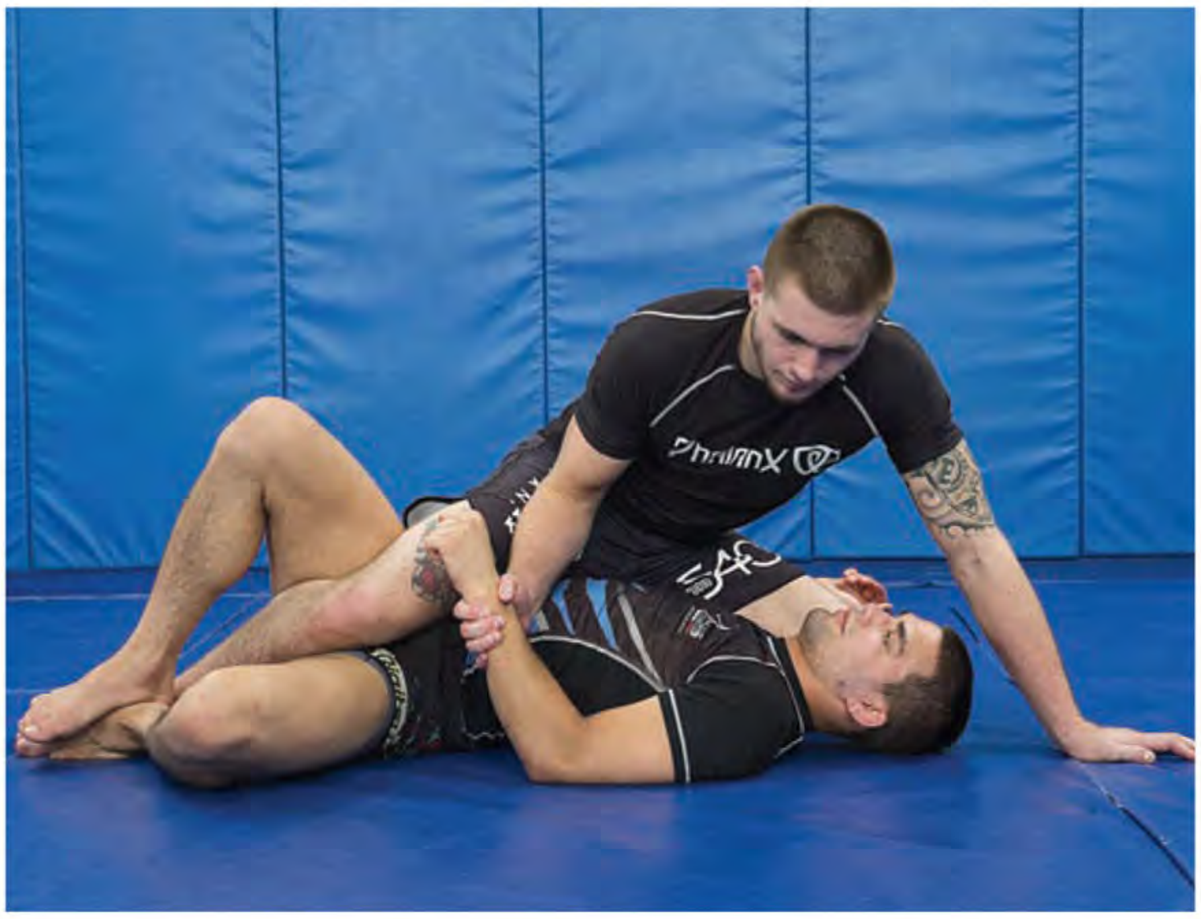
If at the finish Garry tries to turn out of the kneebar Gordon could bring his attention to Garry's foot for more control, or possibly a toehold finish as another option.

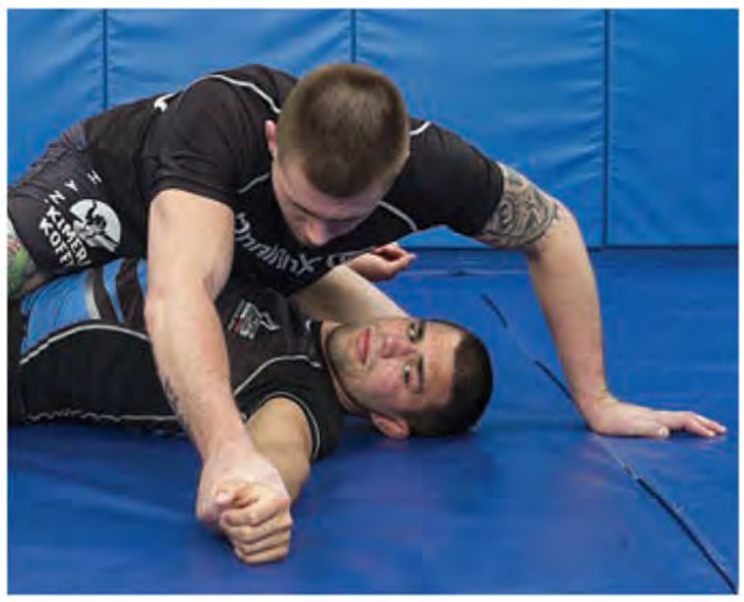
ARMBAR FROM DEEP HALF

This is a very simple armbar that's always there, but maybe some people might not think of if they're caught up in someone's deep half. When you find yourself on top in deep half, you're thinking of avoiding the sweep and maybe you just want to escape. But as Gordon's shown here, there are plenty of attacks from within someone's deep half guard.

STEP 1

In Garry's deep half, Gordon looks for Garry's left arm. He grabs it with his right hand while basing out for stability with his left.





STEP 2

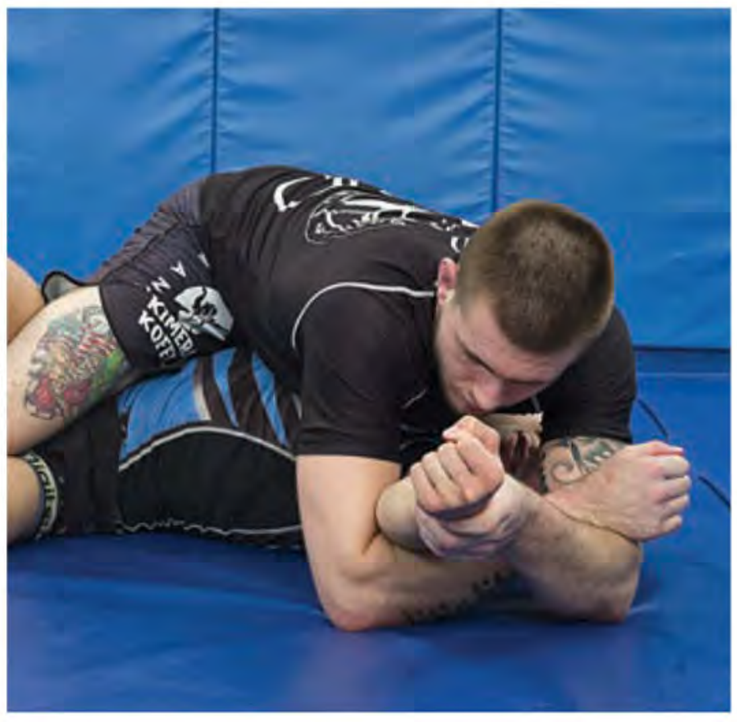
After grabbing the arm by the wrist he stretches it out at Garry's side.

STEP 3

Gordon brings both hands to the wrist going two on one against that arm. At this point it's important that Gordon remains low with his hips to prevent Garry from pushing forward and sweeping.

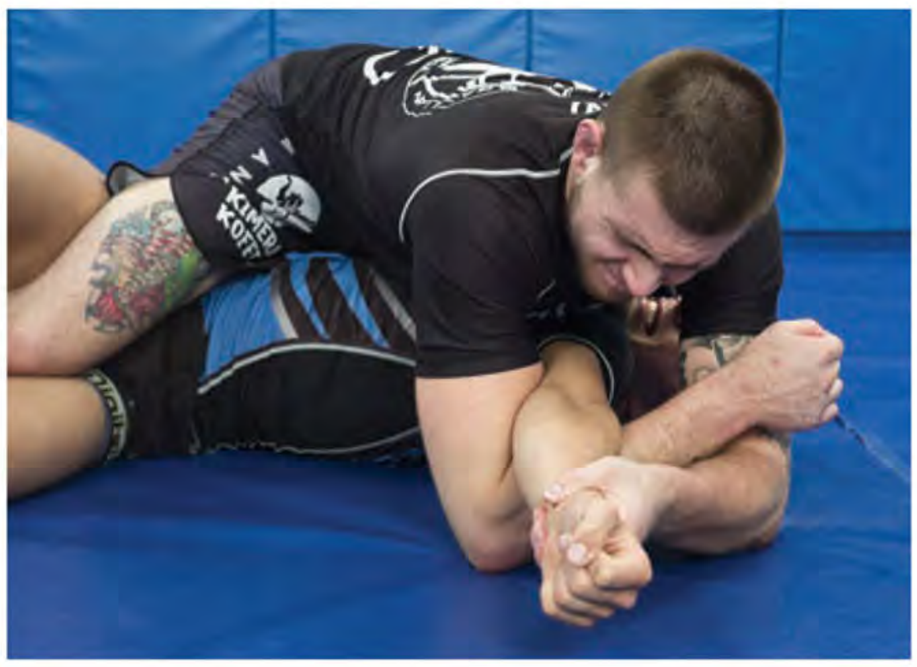
STEP 4

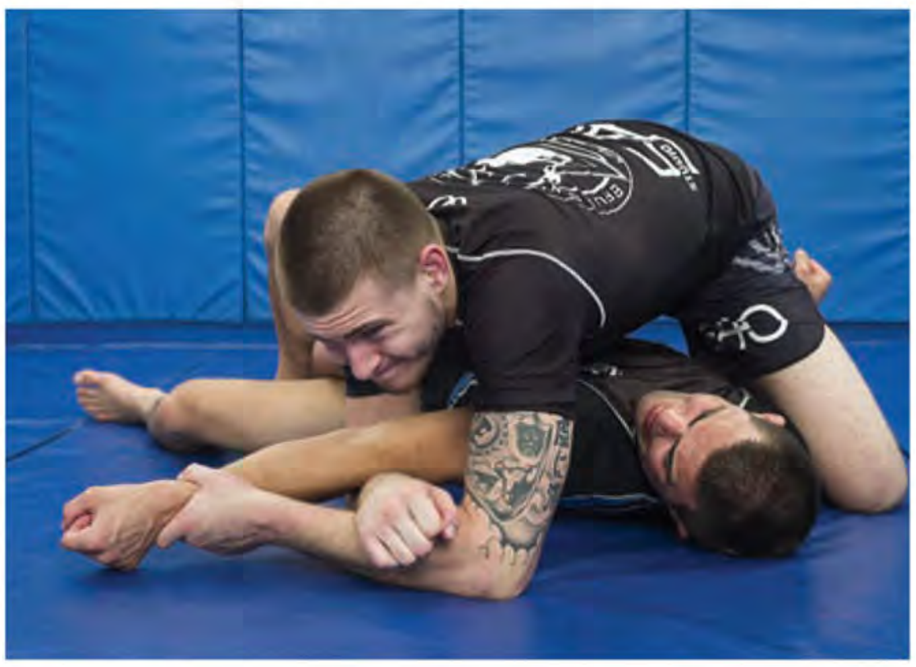
Gordon maintains control of the arm with his left hand around the wrist and quickly releases his right arm and slides it underneath Garry's arm above the elbow. Gordon brings his right arm wrist to the crook of his left elbow and keeps tight on the arm.



STEP 5

At this point Gordon can move his weight forward, while pushing down on Garry's wrist. To help seal the deal Gordon might lift his right elbow off the mat to help the finish while making sure Garry's thumb is toward the ceiling.





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GEAR I

THE BAD BOY PERFORMANCE BAG SERIES

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WE TOOK A LOOK AT BAD BOY ATHLETICS PERFORMANCE SERIES BAGS THAT HAVE ALL YOUR GEAR TRANSPORTATION NEEDS COVERED. EACH HAS ITS OWN UNIQUE CHARACTERISTICS, THE LINE TAKES CARE OF YOUR DAY-TO-DAY NEEDS OR THOSE WEEKEND TRIPS. The Urban Assault Backpack is a perfect everyday backpack- perfect for students or a trip to the office. The Battle Ready Duffel is great for weekend trips,or even a long vacation to Europe. Although all the bags were great and shared similar features, we're diving into a deeper review of the Stealth Combat Bag. If Goldilocks was looking for a jiu-jitsu bag, think about this as the one that is "just right".

THE LOOKS

The Stealth Combat Bag is nicely designed with looks and practicality in mind. The high quality 600D polyester material looks very clean in black, while the dark gray and green accents compliment the bag quite nicely. The rubberized base is not only waterproof but also gives the bag some balance and rigidity. The bag is able to stand upright on its own (even while empty). Aesthetically, the bag looks great. For being a gear bag, it's quite stylish.

THE FEEL

Like we mentioned before, the bag is made of a polyester material that really gives the bag a durable feeling. I wouldn't expect anything to tear through this bag any time soon. The backpack's straps utilize HEXTECH™. This unique padding system is used to disperse force making carrying heavy gear easier. The padding system really is quite comfortable compared to other backpacks. When wearing the pack, it is a bit bigger than your average daily carry and with a full load of gear, it is noticeable. Thankfully, the padding system does work quite nicely. You will notice the rubber base when you have the backpack on, however it's not uncomfortable but does give the impression the bag is very sturdy.

WHAT IT HOLDS

Some people are minimalist in nature. They come to class, bring their gi, a belt, and nothing else. Others can bring an entire closet with them. Personally, I take with me to every class the following.

- Qty 1, Jiu-jitsu Gi - A2
- Qty 1, Jiu-jitsu Belt - A2
- Qty 1 - Rash guard - Large
- Qty 1 - Spats - Large
- Qty 1 - Grappling shorts
- Qty 1 - Damage Control Mouthguard
- Qty 1 - Sweat Towel
- Qty 1 - Defense Soap Body Wipes
- Qty 1 - Hand Lotion
- Qty 1 - Hair gel
- Qty 1 - Deodorant
- Qty 1 - Water bottle
- Qty 1 - Protein bar

This bag actually can hold everything mentioned above and then some. The bag has some cool inside compartments to hold things like deodorant or hair gel. If you wanted to, the bag does have enough room to hold a second gi or gear like shin pads and MMA gloves. The bag's base does unzip and expand to provide the user with even more space. In addition to my normal carry, shin pads, and MMA gloves, I was able to fit a pair of 16oz gloves (when expanded). I was able to strap some headgear to the outside of the bag as well.

❖ That's a lot of stuff! Who's drinking Evian? Fancy...

AWESOME FEATURES

Converts to a Duffel – In situations where a backpack isnt ideal, the bag can be converted to a duffel bag by utilizing special compartments that house the straps.

Waterproof Expandable Base – The rubberized base is pretty cool. It helps make the bag strong while being able to expand (5 inch expansion) to give you extra storage space.

Wet Pocket – This pocket is great for storing really sweaty rash guards or compression gear. I was able to get a wet rash guard and spats into this compartment with room to spare.

Soft Pocket – I love bags that provide this. It's a safe place to store your phone or sunglasses. This compartment is perfect for any smaller items that could just use a little more TLC when you're off training or on the way to the gym. I found this useful especially if you go to places in training shorts or pants that typically don't have pockets for you to carry items.

NEEDS IMPROVEMENT

The only area I think could be improved is the ventilation within the main compartment. The wet pocket is great for sweaty rash guards but not big enough to hold a gi. My gi is usually fairly sweaty after a training session. Throwing it back into the main compartment is fine; however, not for long periods of time. Fortunately, I take my gear out of my bag once I get back home which is never more than an hour or two after I finish training. If you train in the morning, however, and leave your bag in the car, it could be an issue and could wish the main compartment had some better ventilation.

VERDICT

"Perfect blend of style and practical design."

PERFORMANCE	★★★★½
VALUE	★★★★★
QUALITY	★★★★★
OVERALL	★★★★½

CONCLUSION

The Bad Boy Stealth Combat Bag is a very versatile bag for daily training or light travel. With its expandable capabilities, the bag holds more than enough gear for daily training of jiu-jitsu and/or MMA. HEXTECH™ straps keep carrying a lot of gear as comfortable as possible and will only run you $99.99. If you're in the market for a new gear bag, the Bad Boy Stealth Combat Bag should be at the top of your list. If you're looking for something a little bigger or smaller, Bad Boy has you covered with its other bags in the lineup.

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FLOW KIMONOS

HEMP BELT

FLOWKIMONOS.COM

A FEW ISSUES AGO, WE DID A REVIEW OF FLOW KIMONOS' HEMP GI. NOW WE'RE BRINGING YOU A REVIEW OF THEIR LINE OF HEMP BELTS! These belts are crafted with the same artisanship found in Flow's kimonos. A high-density cotton webbing core (as opposed to foam in other belts) is used inside the belts. This gives the belt a sturdy feel. The outer layer is 100% 330 GSM hemp twill. Each ream of hemp is rolled out, stacked, pinned down, and then cut by hand. These cuts are precisely made down to the millimeter. The webbing and hemp are then sewed together using a 30s/3 polyester sewing thread. The production team at Flow has combined its experienced staff with modern computerized sewing equipment to then meticulously sew each belt together. Finally, each belt undergoes quality control inspection to ensure each belt is manufactured to specification!

This is one of the highest quality belts I've seen. If for whatever reason you didn't want to get a hemp gi, I'd recommend at least a hemp belt. Hemp is an amazing material that still has a stigma attached to it because of its relation to the cannabis plant. There is, however, no psychoactive material in hemp. In other words, you can't get high off of it. The material has properties that would come in handy for jiu-jitsu belts.

Many students choose not to wash their jiu-jitsu belts. The idea stems from the notion of washing a belt equates to washing away knowledge, or so the superstition goes. Flow's hemp belt is the perfect solution! Hemp is a natural antimicrobial material and has anti-odor properties. It's the perfect belt for those who don't want to wash their belts of fear for loosing their hard earned jiu-jitsu knowledge. If you decide to wash the belt, you will need to account for 1"-2" of shrinkage.

The cotton webbing will give the belt a more ridged feel. It may also be a little more difficul to tie because of its stiffnes but you will get use to it once it breaks in. It's a heavy duty belt so don't expect it to break in right away. After about a week or two (depending on how often you train) you will notice the belt soften up. Think of it like a baseball glove. When you first buy one it almost seems unusable. After breaking it in, it becomes an extension of your body. The belt feels a little different when you first roll with it, but you will get uses to it quickly and not even notice it.

After a few weeks of training, I noticed the belt begin to age. It's become softer as I mentioned before, but the color ages as well. This is especially true of the belt's outer edges. It gives the belt a nice aged look which shows experience. I tested the purple belt and after one week I thought the belt was broken in nicely, and after two weeks, I already started to see the cool age effect. I can't speak to the coloration of the other belt colors. Time will tell if the color change is an issue or not. It's worth noting that the belt took up more space in my bag. It doesn't fold like other belts so it's something to keep in mind if you store your belt in a unique way.

I'm impressed with Flow's hemp belt. At a $50 price point, it's a little more than other belts, but when you consider how long you have a belt, how often you wear it, and take into account hemps antimicrobial properties, $50 isn't bad. I would recommend these belts to anyone who trains frequently and looking for something that will age nicely with the student's progress.

VERDICT

Solid quality and performance with the virtues of hemp.

PERFORMANCE	★★★★½	**QUALITY**	★★★★½
VALUE	★★★★☆	**OVERALL**	★★★★☆

BJJ TOUR CALIFORNIA

WORDS AND PHOTOS: STAFF

The most recent stop in the BJJ Tour landed in Azusa, California, at the Felix Event Center located on the campus of Azusa Pacific University. The competitors in attendance were treated to a smooth running tournament experience that ran on time and in perfect fashion. The kids started out the day with a five way first place tie in the overall Kids team standings. Checkmat Mafra, Cleber Jiu-Jitsu, Gracie Barra Arcadia, Neutral Grounds/ Gracie Long Beach, and Total Jiu-Jitsu LA all shared in this accomplishment.

When the kids were done, the adults and masters came to play. There were some excellent matches throughout the day in the lower divisions. When it was time for the black belts, Joao Gabriel Rocha and Moku Kahawai put on a great match in the Black Belt Pro Open final with Rocha taking the win. Nathan Mendelsohn from Coalition 95 made it down from Santa Cruz to defeat Vinny Di Lucia from Beverly Hills Jiu-Jitsu. But the story of the day was the Trujitsu team from Bakersfield, California, taking the overall points win defeating Beverly Hills Jiu-Jitsu and Art of Jiu-Jitsu in the overall Juveniles, Adults, and Masters title and the big check for $500.

The next stop in the Tour is June 11th in Danbury, Connecticut. This one got a great crowd last year so the prospects are high for some great competition! For more information about the tour, go to bjjtour.com

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JIU-JITSU TRAVELERS GUIDE TO SAN DIEGO

WORDS: **WILL SAFFORD**

MOST OF US TRAVEL DURING THE SUMMER MONTHS WHEN THE WEATHER IS NICE AND SPIRITS ARE HIGH. SAN DIEGO IS ONE OF THOSE FEW PLACES WHERE THE WEATHER IS ALWAYS NICE AND THE VIBE IS ALWAYS GOOD. Anytime is a good time to visit "America's Finest City", especially, if you're into jiu-jitsu. The SoCal city is home to some of the sport's greatest competitors, instructors, and academies. A trip there will leave you immersed in the true jiu-jitsu lifestyle: beaches, surfing, good food, laid back people, and plenty of training. San Diego is truly a jiu-jitsu mecca, so keep this guide handy on your next trip to the sunny city.

WHERE TO TRAIN

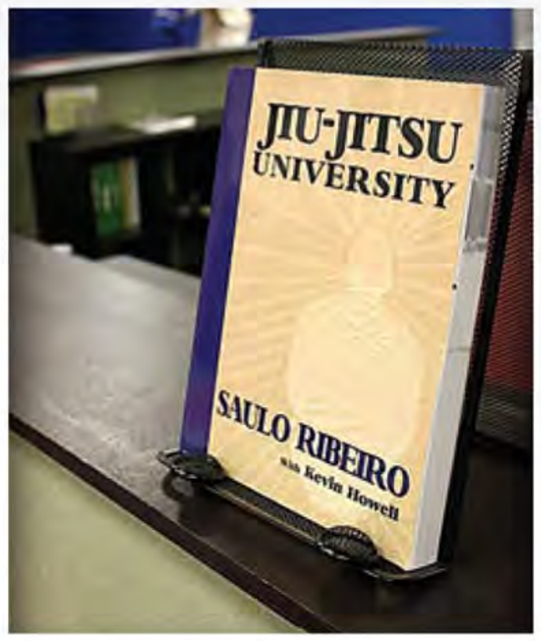
Brazilian talent seems to flock to San Diego, as many multiple time World Champions and Brazilian Jiu-Jitsu living legends have established academies around the city. When it comes to finding a place to roll, there is no shortage of options.

ATOS HEADQUARTERS

If you're looking for some tough rolls and to see how you match up with some of the world's best competition, Atos HQ is your place. Run by the world famous Andre Galvao, the Atos Academy is brand spanking new with two mat areas, plenty of cubby space for your goods, showers, and a nice lounge area with a flat screen TV. There are a variety of classes and class times, from beginner to advanced, and morning, afternoon, and evening times available. You can expect to get your toughest rolls in at the 11am competition class with the likes of Keenan Cornelius, JT Torres, Michael Liera Jr., and Lucas Barbosa. Atos HQ is located in central San Diego, in the town of Kearny Mesa.

UNIVERSITY OF JIU JITSU

Home to the legendary Ribiero Brothers, Saulo and Xande, the University of Jiu Jitsu is located just a few minutes from the San Diego Airport and has world-class jiu-jitsu training. Featuring two mat spaces, UJJ offers Jiu Jitsu Conditioning, Fundamental through Advanced, Drilling, and Self-Defense classes. With a combined 12 World titles between Saulo and Xande, you will surely receive top-notch instruction during your stay in San Diego. Drop in passes are available at $30 for the day, and additional rates are available for longer stays.



STUDIO 540

Founded on the basis of "politics free" jiu-jitsu, Studio 540 is the brainchild of Brazilian Jiu Jitsu mogul and black belt, Robert Zeps. After combining forces with legendary surfer and black belt Joel Tudor in 2014, the two created a place where anyone can train, regardless of past or current affil tion. With his unique position in the jiu-jitsu community, Zeps has done much to give back. He has offered seminars from iconic athletes like Roger Gracie, Marcus "Buchecha" Almeida, and Marcelo Garcia, to name a few, and has hosted events like charity open mats and submission only tournaments offering big cash prizes to the champions.

If traveling to San Diego, Studio 540 is a must-do when it comes to training Brazilian Jiu Jitsu. You can expect to learn from a wide range of instructors from pioneer coral belt, Fabio Santos, to high-level competitor, Magid Hage, and six-time Women's World Champion, Leticia Ribiero. Available classes include Jiu Jitsu, Wrestling, Judo, and Submission Grappling, so be sure to pack an extra gi!

GRACIE HUMAITA

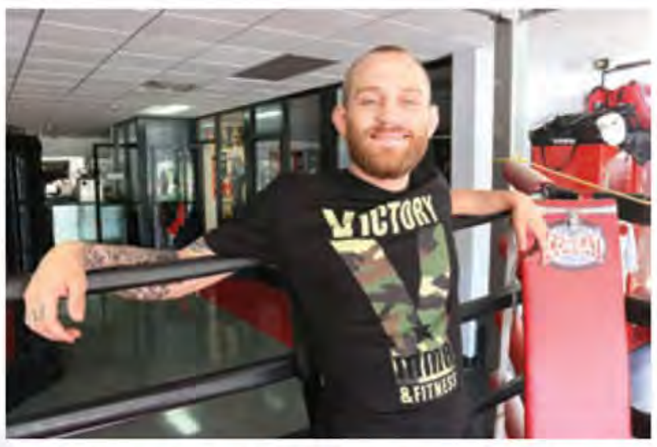
To get your traditional Gracie Jiu-Jitsu fix, taught by the legendary son of Helio Gracie, look no further. Gracie Humaita San Diego is the American headquarters for the iconic association and home to red and black belt, Royler Gracie. There, you will find no shortage of tough competitors, active jiu-jitsu hobbyists, and world-class instruction. Located in central San Diego, Gracie Humaita offers fundamental through advanced jiu-jitsu classes and self-defense classes. When Royler is out offering seminars around the world or instructing at the Brazilian headquarters, 4th degree black belt Regis Lebre can be found running the mats. Regis is an experienced competitor with a long history working and learning from the Gracies.

Many of these photos were taken from social media, if you have claim to a photo use please let us know so we can credit.

» VICTORY MMA

If MMA is more your style but you still want the ability to train in the gi, Victory MMA is a good place to stop. Offering a wide mix of striking, grappling, and MMA conditioning classes, Victory is a fun place to train that will satisfy all of your fighting needs. The jiu-jitsu program is headed up by submission grappling expert Dean Lister and the always entertaining Jeff Glover.

Between the two, you'll receive the highest level instruction in and out of the gi, and the ability to work other parts of your game in the striking and fitness classes. Classes literally run morning, noon, and night, so you'll have plenty of time to get in whatever you need. Just watch out for Dean's devastating heel hook and Jeff's always tricky donkey guard!



OTHER PLACES TO CONSIDER WHILE VISITING SAN DIEGO INCLUDE CLARKE GRACIE'S ACADEMY, 10TH PLANET SAN DIEGO, THE ARENA, BJJ REVOLUTION, AND NINE NINE JIU JITSU.

WHERE TO STAY

» JIU JITSU HOSTEL

The Jiu Jitsu Hostel was created for the Brazilian Jiu Jitsu player visiting San Diego. It offers dorm style accommodations at low rates ($35-45/night), with access to most of the big academies within 20 minutes. The hostel is located in Pacific Beach, which is a young, active beach town with ample nightlife and a laid back vibe. There is WiFi and laundry included at the hostel, and there are puzzle mats for additional training or drilling after hours. The hostel experience is a great opportunity to meet like-minded travelers from all over the world who share a passion for jiu-jitsu. More information is available at **www.bjjhostel.com.**

» HOTEL CIRCLE

Hotel Circle is a road in Central San Diego that is conveniently located near the airport and most major freeways. It houses several economy, moderately priced, and top-level hotels all in one central location. If you're not concerned with a beachfront or downtown location, a place on Hotel Circle is a smart choice. In fact, Hotel Circle is just 10 minutes to Atos HQ, Gracie Humaita, University of Jiu Jitsu, Victory MMA, Pacific Beach, and Downtown San Diego.

» PACIFIC BEACH

This active beach town is home to a young twenty to thirties crowd, featuring a lively nightlife, ample beach activities, and numerous bars and restaurants. If you're a young traveler who wants to not only train but also enjoy the SoCal culture, Pacific Beach (PB) is a fun place to stay. There is a great boardwalk with a pier for a jog or stroll, plenty of beach or bay front parks for catching some rays or working out, and miles of ocean for swimming, fishing, and surfing. There are luxury beachfront hotels, exclusive resorts, hostels, and budget-friendly motel options available in PB.

» DOWNTOWN

San Diego's Downtown is a beautiful and modern metropolitan area that boasts scenic bay front property, a great mix of swanky clubs and restaurants, friendly pubs and eateries, and the picturesque Petco Park, home to the San Diego Padres. Although most of the big academies are located outside of the downtown area, if you're looking for an urban experience with a more mature vibe, Downtown SD is for you. The world famous Balboa Park is located just outside of Downtown, and the Little Italy neighborhood is a great spot for dinner or a walk by the marina. All of the major freeways pass through Downtown, so you can expect a quick 15 to 25 minute ride to train.

WHERE TO EAT

» ACAI SPOTS

If you're training jiu-jitsu in San Diego, a post-workout Acai bowl is a must while visiting. The Brazilian berry can be found widely throughout San Diego, and is best when earned after a few hard-fought rolls. There are several locations in Pacific Beach including the Amazona Acai Café, the Rum Jungle, and the Juice Kaboose. Outside of PB try Acai Roots, Sambazon, or O.B. Smoothies. Don't forget the granola on top.

» TACO SHOPS

With the Mexican border just 20 minutes from Downtown San Diego, there is no shortage of authentic Mexican food throughout the city. And when you're on a traveler's budget, a few burritos and tacos can help keep you full without breaking the bank. For a type of upscale Chipotle experience, try Puesto, which has two locations in Downtown and La Jolla. While in Pacific Beach, visit the PB Fish Shop or Oscar's Mexican Seafood for its famous fish tacos. Roberto's Tacos Shop can be found throughout San Diego and is always a good call for those late night burrito cravings.

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» BRAZILIAN STEAK

If you've never tried a churrascaria, or Brazilian style barbeque, a jiu-jitsu trip in San Diego is the perfect time to do so. Downtown San Diego has two well known Brazilian Steak Houses, Rei Do Gado and Fogo De Chao. Both operate similarly and are all-you-can-eat for a set price (around $30-$55). Various cuts of meat are brought to your table throughout the course of the meal. Sides are served buffet style, and you signal for more meat via a card similar to a soccer match. Hold up the red card to "hold the meat" and raise the green card to "keep it coming". Both places are comparably priced; however, Fogo De Chao is a chain that can be found throughout major cities in the US and Brazil. Rei Do Gado is a single location and thought of as more "authentic", as all of the employees are Brazilian and the atmosphere reflects more Brazilian culture.

» WAVEHOUSE

Located directly on the beach just south of PB, the Wavehouse is a large entertainment venue with food, drinks, and two wave machines. There you can catch some rays, grab some eats, or try your skills on the man-made wave. There's a smaller beginner's wave for the rookies and a bigger, full-barrel wave for the pros. Just recently, the Wavehouse has hosted free open mats to spread the Brazilian Jiu Jitsu vibe, and you can sometimes catch pro MMA fighters relaxing on the sand. It's definitely a great spot to experience the local culture and hang in the SoCal sun.

WHERE TO SHOP

If you left your belt on the clothesline at home, fear not, there are a few local fight shops in San Diego to score some goods. San Diego Fight Shop, located in Mira Mesa, has a good selection of gis, rashguards, and fight shorts, and is owned and operated by people who know the game and put in work on the mats. The Fighter's Market website is operated out of San Diego in Kearny Mesa, but with a limited showroom, it's best to give them a call before coming in to pick up what you need. Check out **www.sandiegofightshop.net** and **www.fightersmarket.com.**

Now, you know where to train, where to stay, where to eat, and where to shop when visiting sunny San Diego. Do your research online and be sure to email or call any of the locations with extra questions before you venture out. The weather is typically always comfortable in SD; however, the clouds do roll in during May and June. The summer months bring the best temperatures but also the most tourists, so consider that when booking your trip. Don't forget, many of the big name instructors head out during the summer to teach seminars around the world, so plan accordingly, and enjoy your time in SD!

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2016 AMERICAN CUP SPONSORED BY NORDIC NATURALS

WORDS AND PHOTOS: ALEX BARSOLONA

The 2016 American Cup was held at the Cow Palace in Daly City- near San Francisco for the first time this year. It was a big venue change for the BJJ Tour with past years being held not too far away in Santa Cruz, California, at the Kaiser Permanente Arena. The Cow Palace is big, grand, and very spacious. No more squishing by sweaty, stinky guys, bumping into coaches as they knock over your acai bowls, or trying to find a place to sit. Here, there is room for everyone and then some. This was also the first time there has ever been a jiu-jitsu event held there. So, if you were there on either of those days, you were apart of history in the making.

Saturday's and Sunday's events at the American cup were jam-packed with exciting matches. From the smallest of small kids, to the biggest and baddest black belt world champions, the BJJ Tour competitors did not disappoint.

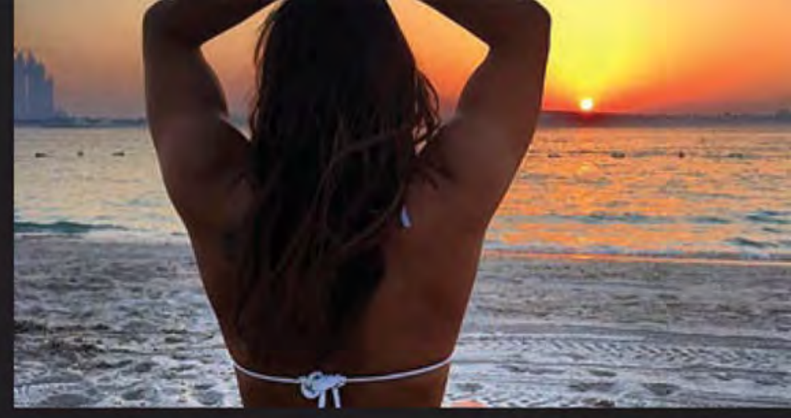
It was all business and smiles after as the kids competed from morning to afternoon. In the overall team points category, Checkmat took 1st place over all with Soul Fighters following close behind and Coalition 95 coming in at third place.

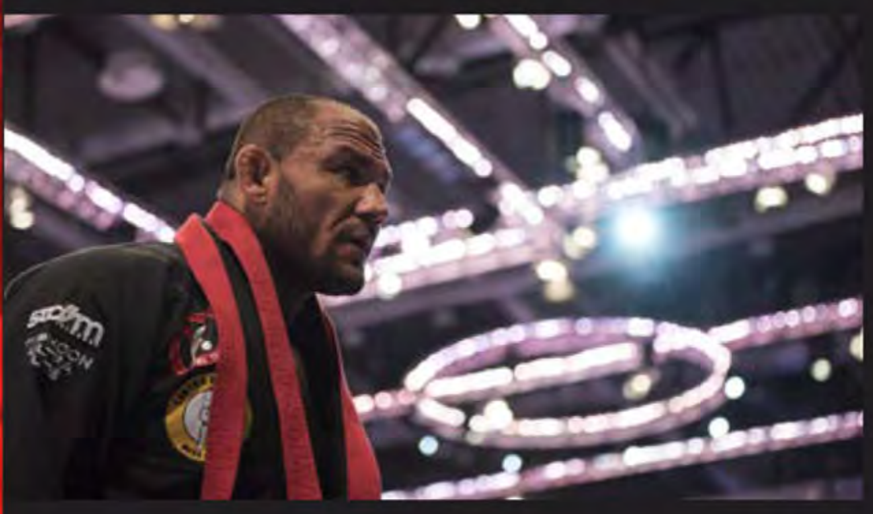
The black belt matches were intense and nothing short of incredible. From crowds yelling at the refs to wins by just an advantage or two - Manny Diaz, Nathan Mendelsohn, Samir Chantre and Joao Rocha were just some of the victorious black belts on Sunday.

Although the American Cup is a stand alone event, the BJJ Tour continues with the next stop being in Danbury, Connecticut, June 11th. For more information, go to bjjtour.com.

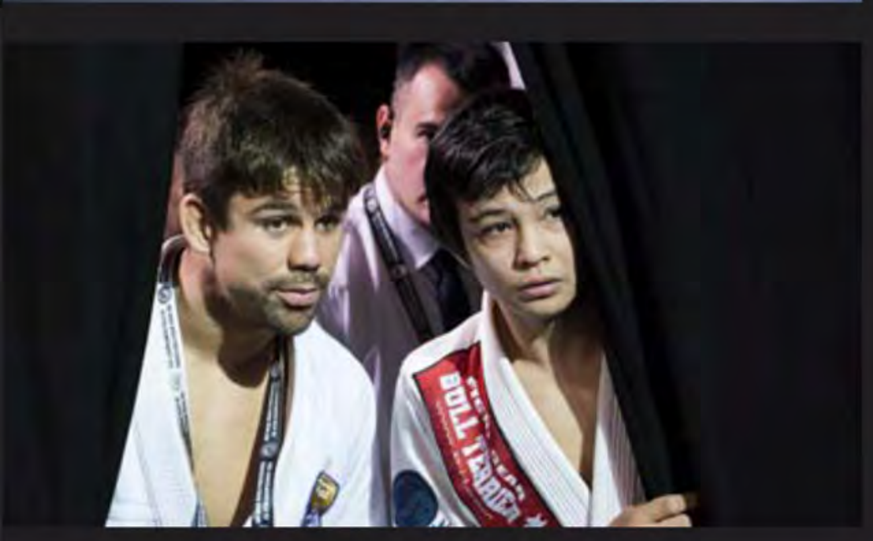
ABU DHABI

World Professional Jiu-Jitsu Championship 2016

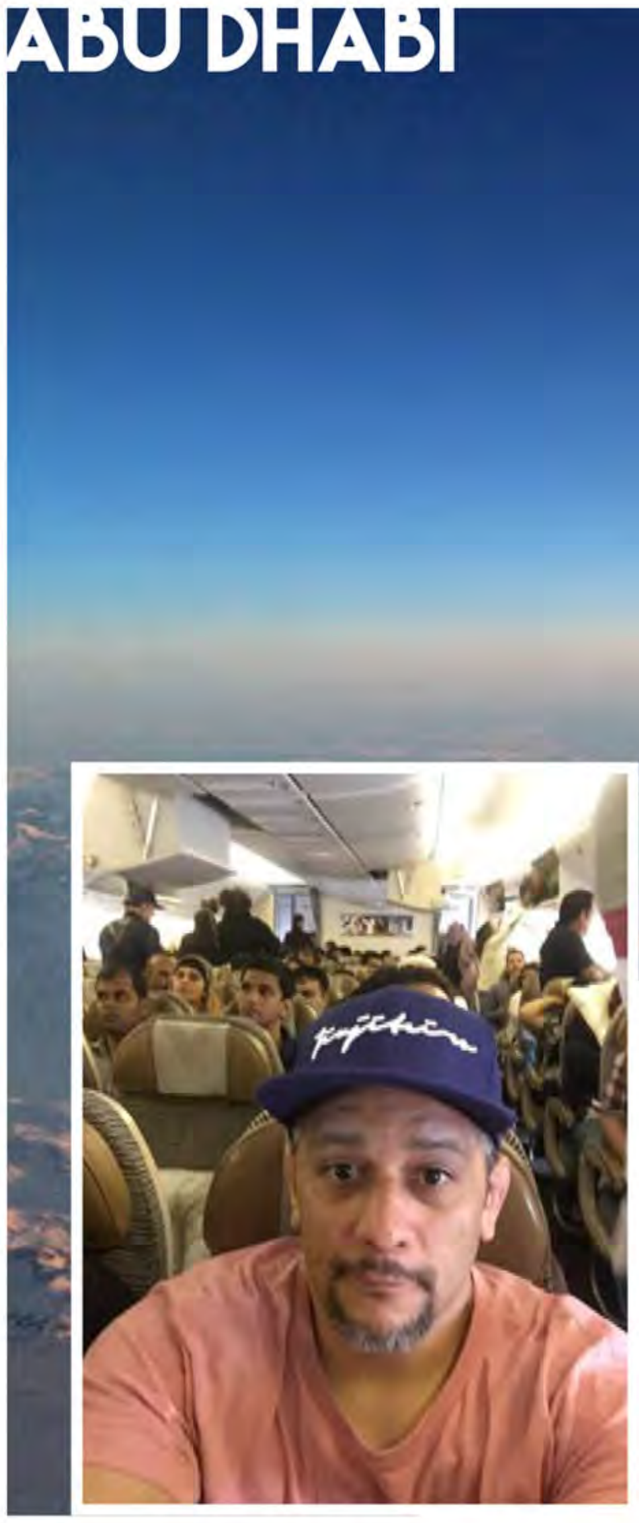




THE WORLD PRO IS THE CULMINATION OF 31 QUALIFYING EVENTS AROUND THE WORLD. WINNERS AT EACH QUALIFYING EVENT WERE AWARDED AN ALL EXPENSES PAID TICKET TO ABU DHABI TO COMPETE ON THE WORLD'S BIGGEST STAGE. This year's event was nothing short of spectacular; in fact, this year's schedule included an entire week of events capped off by the World Pro Championship. Last year's event saw the upset of Gabbi Garcia by Mackenzie Dern, along with utter domination by Buchecha. It would be interesting to see how this year's event stacked up.



ABU DHABI

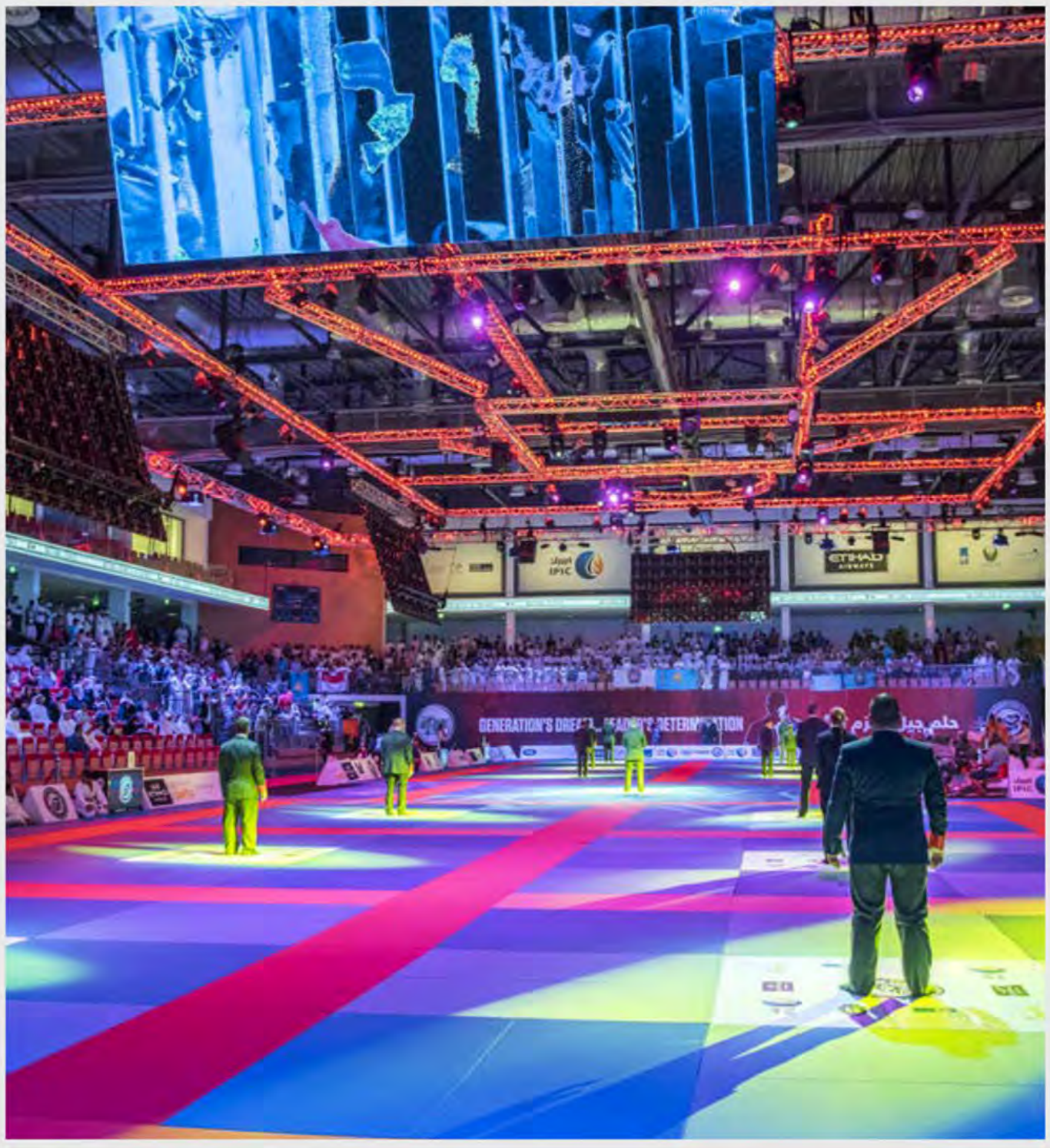


GETTING THERE

A 16-hour direct flight from Los Angeles to Abu Dhabi can be grueling. The seat, though equipped with many amenities never seems to be large enough, and that chatty individual next to you just won't seem to go to sleep. I can only imagine the increased pressure and annoyance for fighters who are trying to cut weight, and need to fight in a couple days. Fortunately, if you are invited to Abu Dhabi for the World Pro the UAE makes this experience as pleasurable as possible. For media personnel they provide a personal driver that takes you from the airport to a nice hotel, 3 all-you-can-eat meals everday, and free laundry service – can't beat that!

THE VENUE

Attending the IPIC Arena to watch the World Pro Championship is a much different experience than watching any other jiu-jitsu competition. Just outside there are local food trucks and an açai stand (a must for any jiu-jitsu tournament). Walking into the venue you must go through a security check similar to that of an airport, placing your bags through an x-ray machine, and passing through a metal detector. The exhibition hall following that was home to a small tradeshow dedicated to UAE culture, fitness, and some jiu-jitsu stuff. Walking into the arena your senses are put on blast with an amazing light show, thunderous sound system, and large Jumbotrons overhead. Every seat in the house is high-backed and comfortable. It's also very well air conditioned to a cool 72 degrees, making you forget about the desert climate outside. Even with the number of people in the venue constantly changing, the temperature never seems to fluctuate from that perfect temperature. It took a couple days but eventually you get used to most people wearing the cultural dress. Conveniently for visitors, everything is written in English next to the native Arabic so there was never any confusion of which bathroom to go to.



THE FORMAT

Unlike other tournaments, the World Pro Championship is reminiscent of the ancient gladiatorial games in Rome. The bullpen is located backstage, away from spectators. These areas are equipped with a live feed to keep fighters occupied while they wait for their turn. The areas are quite large, and when fighter's names are called they are personally escorted from the back area to the arena entrance. Before entering the main arena, some fighters are asked to wait behind a black curtain. On the opposite side, a camera operator waits for the que to go. Fighters break through the curtain to the arena to see their opponent entering through adjacent curtains like a broadway show. The outside of the mat is literally lined with red carpet and velvet ropes. Should they fight on the main mat (5), they will be watched by three cameras on one side, and a crowd of VIPs on the other side.

Once they finally make their way to the mat, they encounter more familiar territory. The referee calls them to the mat, and its business as usual. Only a small percentage of the 5,000 fighters at the World Pro will make it to the podium as with any tournament.

WEIGH INS

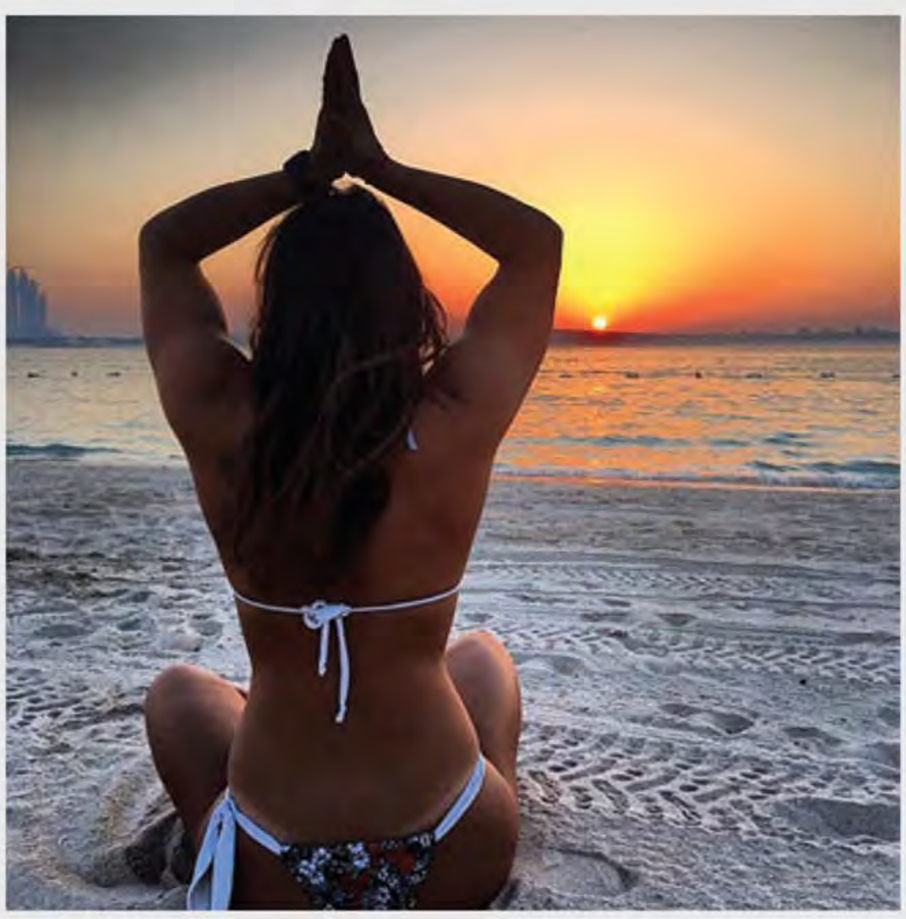
The weigh ins were the day before most people fight so several fighters are cutting weight. I saw some who were in better spirits than others before rehydrating.
There was also a noticeable difference in the number of people eating at the hotel restaurant once weigh-ins were over.

Going to Abu Dhabi for the First Time
Traveling to Abu Dhabi for the first time can be quite the cultural experience. Of course there is the adjustment to local culture, but jiu-jitsu culture as well. Seeing jiu-jitsu in Abu Dhabi is a bit of an adjustment. When you see the coverage, and the effort they put in to hosting a jiu-jitsu event, it's all really quite impressive. In the United States it's seen as just a hobby and often still confused still with other martial arts. From at least what I can see, there is a clear distinction and additional attention given to the sport when compared to the United States. And this by far was the biggest takeaway from my trip.

Lucas Lepri was originally declared the winner in a match with Luan Carvalho, but the win was overturned after officials ealized there was a scorekeeping error.

UPSETS

Some notable competitors were eliminated early and were absent from the normal podium spots. Keenan Cornelius, Lucas Lepri, and Luiz Panza were some examples of competitors who were eliminated early in the tournament.



WHAT TO DO IN ABU DHABI ON A BUDGET

If you only had one day to spend in Abu Dhabi while you're at the World Pro and didn't have much of a budget, I'd recommend the following places. It's a bit touristy but hey, you're a tourist. Tip: Wear pants. Although you can wear shorts to most places, it's easier to just wear pants so you don't get denied entrance anywhere.

The Grand Mosque – It's very close to the venue of the World Pro. Its definitely an incredible monument to human artistry, but also a must have selfie for social media posts. I'd recommend going at sunset or at night.

Cost – Less than a $5 taxi ride from the venue with free entrance

Marina Mall – I'm not much for shopping, but the Marina Mall is a cool thing to see. Not only home to many department stores, it has a bowling alley, ice rink, and much more.

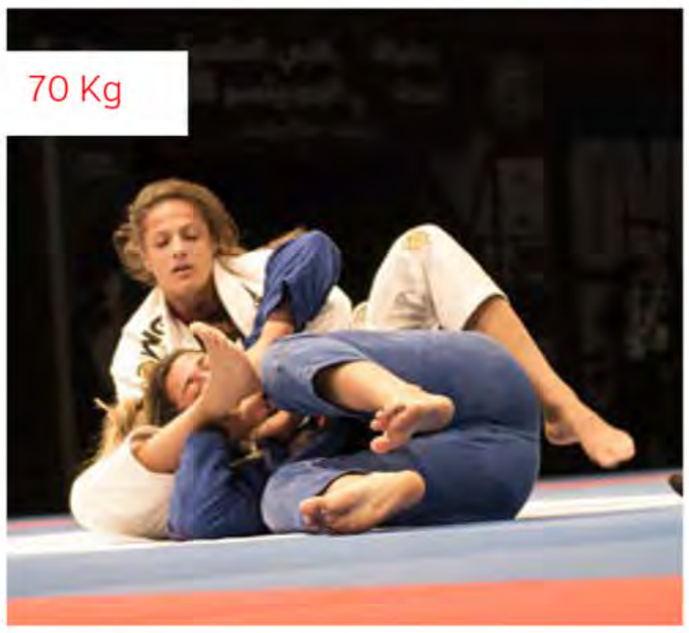
Cost - $10 cab ride from the venue
[free if your hotel has a shuttle]

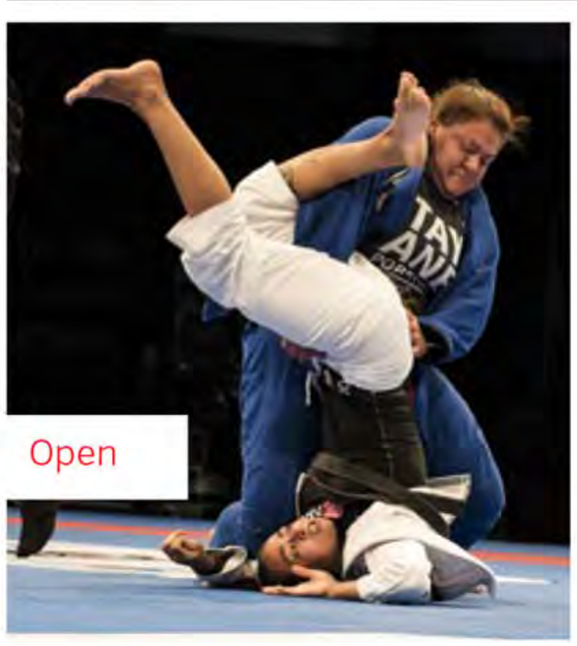
The Observation Deck at 300 – Located in the Etihad Towers you can buy a ticket to go to the 75th floor. The view is pretty amazing and a nice place to relax and let the world slow down for a bit.

Cost - $10 taxi ride from the venue + $20 for a ticket up that comes with about a $13 food credit, but be warned, a coffee is about $10.

The Beach – The beaches are a familiar place for people in jiu-jitsu. If you have some time, and the weather is right, the beach at Abu Dhabi is the perfect chill out spot.

Cost - $10 taxi ride from the venue
Seeing Mackenzie Dern at the beach, priceless...





THE FINALS

Here's a rundown of how it all went down in the Black Belt finals.

WOMEN'S

+70 Kg

Fernanda Mazzelli Vs Tayane Araujo

Tayane got the takedown, then advantage for a pass attempt, eventually passing and moving to mount. She maintained the mount while Araujo struggled to get free. Araujo eventually got the win via verbal tap from the mount. Inititally we had thought she tapped from a choke, but later we found out it was from the sheer pressure.

70 Kg

Nathiely Jesus Vs Priscilla Cerqueira

After exchanging positions Jesus managed to finish Cerqueira with a bow and arrow choke after getting some points earlier in the match.

62 Kg

Beatriz Mesquita Vs Bianca Basilio

Guard pull early. Both were assessed a penalty for stalling. Great match. They exchanged foot locks and several kneebar attempts by Bia until, with just four seconds to go, the last kneebar Bia launched stuck. At that point Bia had been leading by one advantage.

55 Kg

Mackenzie Dern Vs Marina Ribeiro

After a double guard pull, Mackenzie came to the top first and got the advantage. From there it was a passing battle with Marina managing to fend off an onslaught of pass attempts from Mackenzie. At one point it looked as if Marina was going to pull off a spider guard sweep but Mackenzie stuffed the attempt and got back on top. It was a very close match but Mackenzie managed to keep a constant attack throughout and earned the 2-1 advantage differential.

Open

Beatriz Mesquita Vs Tayane Araujo

Bia pulled guard early but wasn't too long before Tayane passed for three points. That would hold as the winning score as Bia managed to keep Tayane in her guard until just moments to go, it wasn't a guard pass since Bia managed to get to a turtle position. The win give Tayane double-gold as she won both the 70KG and Open classes.

ABU DHABI

MEN'S BLACK BELT FINALS

+94 Kg

Victor Silva Vs. Ricardo Evangelista

Evangelista got a sweep and a mount with 45 seconds to go. He was up by one advantage prior. Silva reversed towards the end but Evangelista won on points.

94 Kg

Erberth Santos Vs Felipe Pena

Santos racked up points early by passing and taking the back. It looked as if he was going to catch Pena in a choke however, Pena managed to escape. The two exchanged positions for a while. Eventually, Pena gained two points for a sweep. Towards the end, Felipe went hard for a toe hold that looked like he might actually get however Santos managed to hold off until time ran out getting the 7-2 point win.

85 Kg

Calasans Vs Leandro Lo

First they exchanged guard passes and were tied 2-2 and 1-1 on advantages with 20 seconds to go. Despite the low score, this was an exciting match to watch. Both were in trouble at times but eventually the decision went Lo's way.

77 Kg

Gabriel Souza Vs Roberto Satoshi

Souza pulled guard right off the start. More than a minute in, Souza got swept that then lead to a scramble with Satoshi getting a crack at points for the sweep. The two exchanged positions, both picking a few more points with Gabriel Souza ending up with six points to Satoshi's four.

69 Kg

Paulo Miyao Vs Marcio Junior

Once again, this match was guard player vs. passer. Miyao going inverted more often than Goose and Maverick, the score remained pointless for much of the match with Junior receiving advantage points for his passing attempts. Midway through the match the ref did a reset and it looked to me as if the grips weren't put back the way they were found. When time eventually ran out, it was Marcio Junior with the win thanks to a 2 to 0 advantage advantage.

Open Final

Jose Junior Vs Felipe Pena

This match started off a bit slow until both of them exchanged sweep attempts, one after the other. Eventually, Pena was able to make one stick. This gave him a points advantage and forced Junior to open up his game. Eventually, Pena managed to get to armbar position and got the finish with about a minute left to go.

LEGENDS

Heavy Weight

Rodrigo “Comprido” Medeiros Vs Marcio Cruz

The Legends matches were all 10 minutes in length. This was a perfect example of patient jiu-jitsu by two veterans of the sport. Cruz pulled guard early with Comprido getting a couple advantages for attempted passes. During the pass attempts, Cruz managed to recover the guard and avoid giving up any points. With less than a minute to go, Cruz got the sweep and the two points that were enough to get the win.

Light Weight

Robson Moura Vs Alexandre Freitas

Moura pulled guard early, bouncing between a spider, butterfly, and knee shield guard. Moura attempted quite a few sweeps, but Freitas managed to stuff them. Eventually Moura got to a sit-up, and stood to sweep. Freitas played a similar game to Moura on the bottom. Moura eventually passed with a leg drag off a failed shot at the back. With a little more than three minutes to go, Freitas managed to get a sweep earning two points. With a minute to go Freitas ended up evening the score by passing guard. At that point each competitor had 5 points 3 advantages and 1 penalty. At the very end, Freitas went for a collar choke while in side control, he didn’t get the choke, but he earned an advantage for the attempt. After the match, Moura needed help getting to his feet after sitting down for a moment. This was one exciting match.

Middle Weight

Vitor “Shaolin” Ribeiro Vs. Daniel Moraes

It wasn’t a guard pull, but both dropped to the mats early. There was a brief exchange of positions but it wasn’t long before Vitor “Shaolin” Ribeiro managed to get the collar choke from from the back.

THE AWARDS

The World Pro was concluded with an award show that was broadcasted on Abu Dhabi television. It awarded many schools and competitors for their achievements throughout the competition season.

ALL ABOUT CHOKES

WORDS: **LEE DAY, MD** PHYSICIAN AND BJJ PRACTITIONER

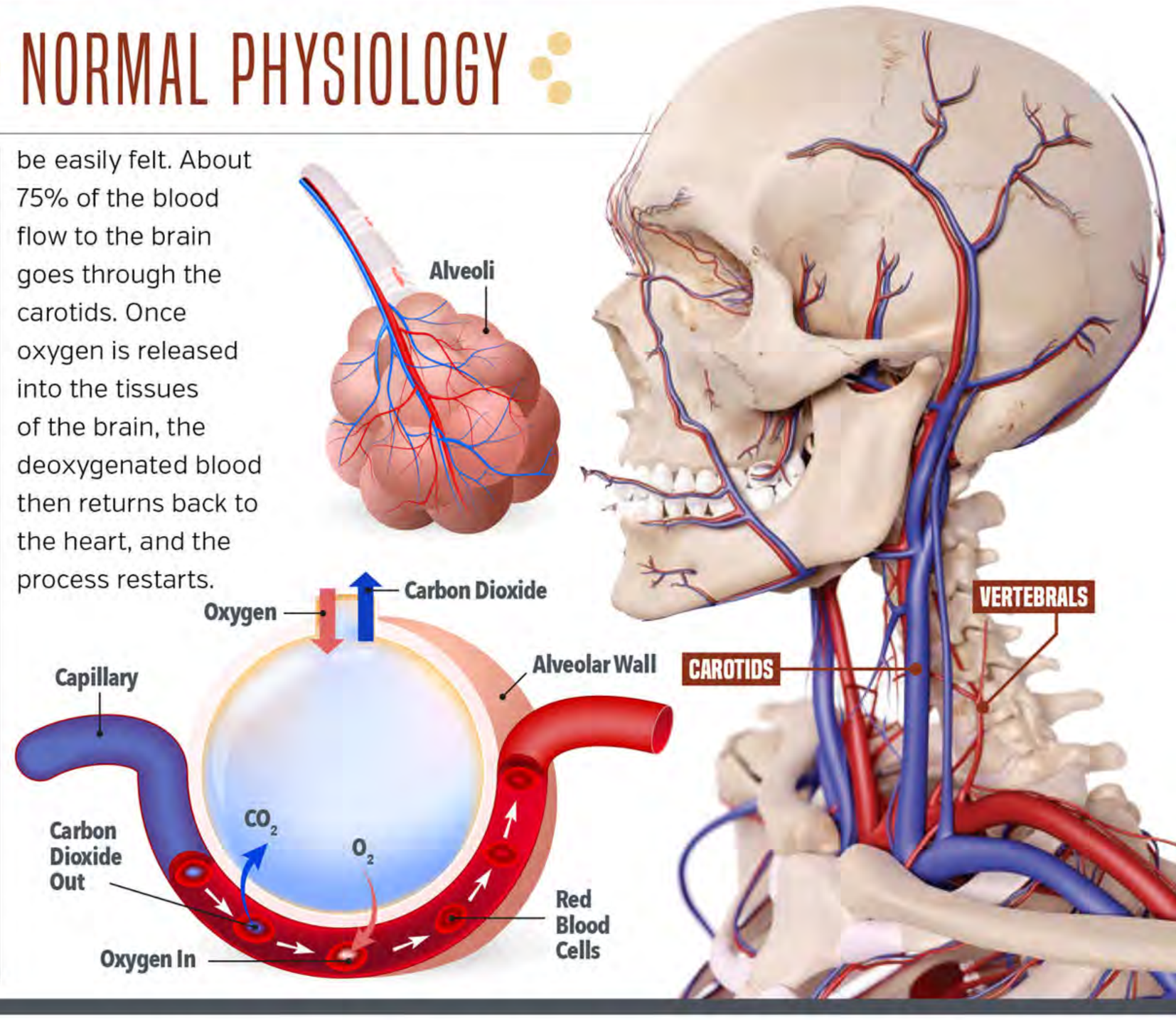
IT HAPPENS IN EVERY GYM: SOMEONE DOESN'T TAP EARLY ENOUGH AND THEN THEY'RE ASLEEP. THE NICE THING ABOUT BEING IN A GYM IS THAT YOU'RE WORKING WITH A GROUP OF PEOPLE INSTRUCTED ON PROPER CHOKING TECHNIQUES, AND AS IMPORTANTLY, THEY AREN'T OUT TO HURT YOU. A 2014 article in The Orthopaedic Journal of Sports Medicine looked at injuries that occurred during 2,511 jiu-jitsu competition matches. The study suggested that the neck was the least injured area of the body, and the lone neck injury (a cervical strain) in all those matches occurred due to a triangle choke. This study says a lot about how dangerous moves like chokes can be trained and applied against a resisting opponent safely.

Please note that this is provided as general education and is not intended to treat or cure any condition. All those reading should speak directly to their personal health care provider about their specific medical needs. A works cited page was made available to the Editor at Jiu-Jitsu Magazine.

OF NOTE, I USE THE TERM "CHOKE" COLLOQUIALLY, AS DO MOST JIU-JITSU PLAYERS. TO BE TECHNICAL, A CHOKE REFERS TO BLOCKING THE AIR SUPPLY TO THE LUNGS. STRANGULATION, ON THE OTHER HAND, REFERS TO CUTTING OFF THE BLOOD SUPPLY TO A PART OF THE BODY. BLOOD CHOKES ARE ACTUALLY STRANGULATION TECHNIQUES RATHER THAN TRUE CHOKES.

NORMAL PHYSIOLOGY

Consciousness is a complicated process, but it requires the integration of various body systems. The brain is the primary organ responsible for consciousness and, to not get philosophical about the definition, I'm referring to consciousness as a general state of alertness. The cardiovascular and respiratory systems work together to provide the brain with oxygenated blood to be used as energy for consciousness and other brain functions. Deoxygenated blood from the body is first collected in the heart and pumped to the lungs. The lungs provide the blood with a new supply of oxygen. The oxygenated blood then returns to the heart and is pumped to the various organs of the body. To get to the brain, the blood travels up two sets of arteries: the carotids and vertebrals. The carotid arteries are located on the front of the neck, just to the outside of the trachea, and their pulsations can be easily felt. About 75% of the blood flow to the brain goes through the carotids. Once oxygen is released into the tissues of the brain, the deoxygenated blood then returns back to the heart, and the process restarts.

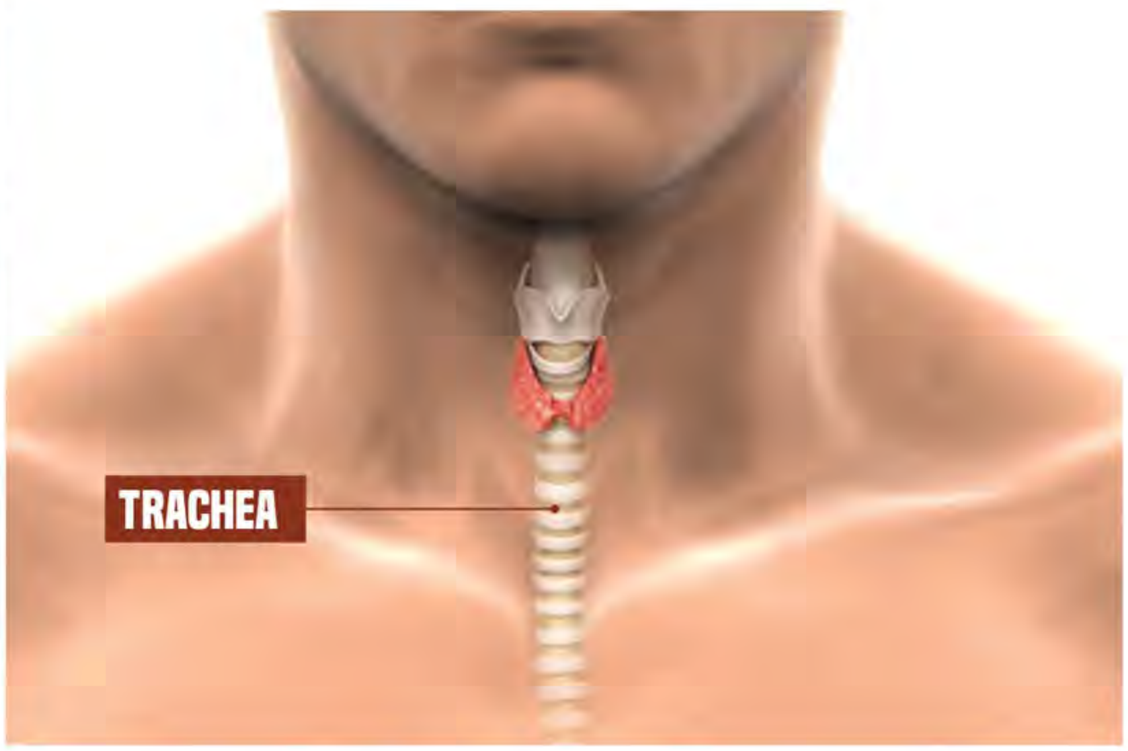


What Happens with a Blood Choke?

The rear naked choke (RNC) is the quintessential blood choke, as the "V" shape of the arm constricts the brain's blood supply. The first thing you notice when someone has a RNC applied to them is that their face becomes flushed and veins on the forehead may bulge. This is caused by blockage of the jugular veins. The jugular veins are responsible for taking deoxygenated blood from the head to the heart, and they are compressible with minimal effort. Once the choke becomes tighter, the carotid arteries compress and stop oxygenated blood flow from the heart to the brain. The brain is a complex organ and requires up to 20% of the body's blood flow to function properly. Any interruption in this flow can lead to unconsciousness. A loss-of-consciousness (LOC) is a temporary shutting-down of the brain due to the inability to meet its energy needs. In terms of medical studies on blood chokes, the best I found was a 2012 study in The Journal of Applied Physiology that measured the blood pressure, heart rate, and blood flow in the brain of 24 healthy police officers while a lateral vascular neck restraint was applied. Their results suggested that of the 16 volunteers who lost consciousness, the time to unconsciousness was 7-10 seconds due to an ~80% reduction in carotid blood flow, and that carotid compression was the only factor in LOC. Some other studies have suggested slightly different mechanisms that may also be involved in LOC with blood chokes, and these mechanisms may also have a role. Whether solely from constriction of the carotids or a combination of other factors, the gist of losing consciousness with a blood choke is an alteration in blood flow to the brain leading to temporary shutdown.

What Happens with a Wind Choke?

Wind chokes are true chokes since they attempt to stop air flow into the lungs. The physiology of a wind choke isn't nearly as involved as that of a blood choke. When enough pressure is placed on the trachea, it collapses and obstructs air flow into the lungs. A lack of oxygen to the lungs eventually stops the normal function of every organ. Unlike the elastic nature of the carotids, the trachea is a rigid structure that contains C-shaped rings of cartilage for protection. Pain from tracheal pressure is often enough to cause a quick tap or make the person move their head. If for some reason a tap doesn't come from the pain, and the person applying the choke wants to keep progressing, the situation could progress into a medical emergency due to tracheal collapse. Thankfully, this situation is incredibly unlikely in a jiu-jitsu environment since the goal is to not hurt your training partners. LOC from a wind choke would be much longer than 10 seconds since the blood supply to the brain is not interrupted. It would be more similar to holding your breath underwater, albeit more painful and dangerous. Just because a choke is performed with a collar doesn't mean it's a wind choke. A great example of a wind choke in the gi is a bow and arrow, or a paper cutter where as a cross collar choke could be considered a blood choke.



CLUES TO LOSS OF CONSCIOUSNESS

Since blood chokes are more commonly practiced and don't typically lead to medical emergencies, the following cues are for blood chokes. It is the responsibility of both partners to recognize signs of LOC and either tap or release the hold. The pattern leading to LOC is variable but can look something like this: blood choke applied, thinking becomes less clear, eyes fixate to midline and there is a general frozen appearance to the face, the visual field narrows, and a loss of color vision occurs, vision blacks-out, the gaze of the eyes turn upward, and finally shaking movements, called myoclonic jerks, may occur. The ability to breathe is not affected, so someone can look awake and be breathing but still be unconscious. Also keep in mind that all of these patterns may not occur, and it is possible that your partner can be positioned to where their face isn't seen. Regardless, the timeframe to unconsciousness is usually 10 seconds or less. It is good practice to disengage the choke after 10 seconds of holding; either the choke isn't being applied effectively to cause a tap, or your partner is asleep.

WHAT TO DO?

LOC is inevitable if the tap doesn't come soon enough. The cause of unconsciousness with a blood choke is an interruption in blood flow to the brain, and releasing the hold will resolve that. Here are some basic steps to follow if someone loses consciousness:

- **1. Release the Hold** – Timing is important, and you want to release the hold as quickly as possible. [release]
- **2. Remain Calm** – You aren't helping anyone if you are panicking.
- **3. Positioning** – Assuming no spine, hip, or pelvic injury, the American Heart Association [AHA] recommends an unresponsive, but normally breathing individual be placed in the lateral side-lying recovery position. This position helps make sure the airway remains clear of potential fluids or the tongue. LOC from a brief choke is not shock, so no need to lift the legs.
- **3a. Recovery Position** – Extend one arm and roll the person to the side of the outstretched arm so their head is resting on it. Bend one or both legs to stabilize the person's body.
- **4. Wait for Recovery** – Stiffness o myoclonic jerks can happen after release of the choke, but they are no cause for alarm. Usually it takes less than 30 seconds for someone to come to. There may be some confusion afterward as well, but this usually resolves quickly.
- **5. When to Worry** – While the above will happen 99% of the time, here are some things to make you worry: continuously labored or no breathing, no pulse, blue color to the lips or face, no response after about a minute, or apparent spinal injury. Immediate medical attention should be sought in these cases.

PERMANENT DAMAGE

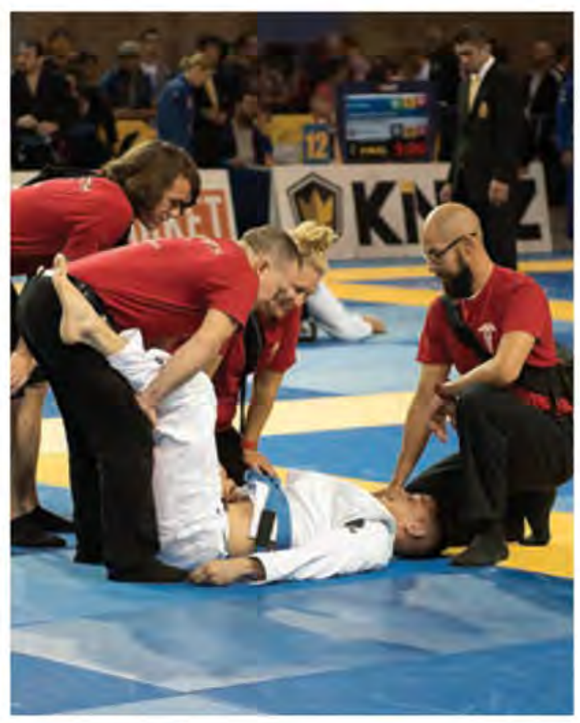
As we all know, a brain without oxygen for a prolonged period of time will eventually lead to brain damage or death. There are some accounts of brain damage in under a minute and others with no brain damage after tens of minutes – these cases are not the norm. CPR training courses teach that permanent brain damage can occur within four minutes and death can occur 4-6 minutes later. The University of Michigan Transplant Center provides a general timeline: brain cells begin to die after one minute, serious brain damage is likely after three minutes, irreversible brain damage with the death of many brain cells after 10 minutes, and a virtually impossible recovery after 15 minutes.

WRAP UP

Chokes have an excellent safety record within jiu-jitsu. A quick search online shows that this isn't often the case for those in the public who imitate chokes they see on television. When these stories are published, it's a wake-up call to me that I've become comfortable training and using techniques that can kill. Thankfully, safety is a pillar of most academies. It is important to keep in mind that most jiu-jitsu players are relatively healthy, and the subjects in studies on choking are as well. Chokes are safest to apply on healthy adults. Children, the elderly, and individuals with certain medical conditions can have differing physiologies that may make chokes unsafe to practice.

Common Course of Action

If you've been to any tournament, there's no doubt you've seen referees lifting n athletes legs above their hearts. According to the Mayo Clinic, in a general case of fainting, raising the person's legs above their heart allows a quick increase in blood flow to the brain. This is a common course of action to aid the recovery of consciousness if the cause of fainting is unknown. In the case of a blood choke, the cause is known and reversed once the hold is released. Raising the legs above the heart is unlikely to make much of a difference. We'd all be better served in learning the method suggested by the American Heart Association.



YOUR GI AS YOUR GYM

WORDS: **ARLO GAGESTEIN, CSCS, LMT** | PHOTOS: **ROB NORBUTT**

JIU-JITSU IS ADDICTING. FROM NEW WHITE BELTS TO ELITE BLACK BELTS, THE MOMENT THEY STEP OFF THE MAT, MOST PRACTITIONERS CAN'T WAIT TO STEP BACK ON AGAIN. Couple that with the countless hours necessary to progress, and jiu-jitsu is a serious time commitment.

Because jiu-jitsu is so time consuming, many athletes only occasionally strength train or they stop lifting weights completely. While many people assume training jiu-jitsu is suffici t exercise and a suitable substitute for lifting, the benefits of strength training both for grappling performance and injury prevention are hard to deny. Unfortunately, few gyms offer both jiu-jitsu classes and quality weight training programs, so strength training to compliment the jiu-jitsu game is also inconvenient.

Whether you are limited by time or convenience, we have the solution! Below, we have detailed a bodyweight workout you can do with nothing more than a workout partner and a gi. When time is an issue, we prefer to stick with full-body workouts to make the most of our time. We also focus on functional movements rather than individual muscle groups as this is more practical for sports performance. So grab your gi, grab a training partner, and get your strength training in without ever leaving the mat!

8 KEY MOVEMENTS

When time is an issue, use full body workouts that include the following movements:

- **Rotation**
- **Level Change**
- **Hip Dominant**
- **Knee Dominant**
- **Horizontal Pull**
- **Horizontal Push**
- **Vertical Pull**
- **Vertical Push**

These exercises all involve a supporting partner holding a pair of gi pants or a rolled gi top either by the ends or by the fold in the middle while the working partner holds the ends. Not only does this set the stage for performing the exercises, but it also challenges the support partner's grip and allows them to assist the movement if necessary. Generally, the higher the gi is lifted, the more challenging the exercise will be for BOTH partners.

ROTATION

SCORPION

Begin in a push-up position with one foot in the fold of the gi. Without letting the lower back sag, rotate the hips to bring the unsupported leg as far as possible under the other leg. Pause then rotate your hips the opposite direction to bring the unsupported leg as far over top of the supported leg as possible. Repeat for 5-6 repetitions each leg. **(The scorpion is also a horizontal push exercise.)**

LEVEL CHANGE

SPLIT SQUAT

Begin standing a couple feet in front of the supporting partner with back leg foot in the fold of the gi. Slowly sit back into a lunge, lowering the back knee as close to the mat as possible. Keep a tall, upright posture. Don't let your front heel come off the mat. If it does, either move the front foot forward or bend the back knee more. Repeat for 8-12 repetitions on each leg. **(The split squat is also a hip dominant exercise.)**

HIP DOMINANT

DEADLIFT

Begin with one partner lying on the floor grasping the ends of the gi while squeezing the shoulder blades together and keeping elbows tight against their sides. The working partner will squat over them with the fold of the gi in the bend of their elbows while grasping their own collar. The working partner should squeeze their shoulder blades together as well, keeping posture upright and tall while pushing through the heels to stand up. Drive the hips forward and don't allow the hips to come up faster than the shoulders. The back should remain straight and not allowed to round forward during the movement. Repeat for 5-8 repetitions. **(The deadlift is also a level change exercise.)**

KNEE DOMINANT

PISTOL

Partners stand facing each other with the working partner grasping the ends of the gi and the supporting partner holding the fold of the gi with both hands. Standing on one leg, the working partner tenses their entire body and sits back as though sitting in a chair. The stronger the athlete, the lower they will be able to descend. Lower as far as possible and then stand back up. The supporting partner can assist as much as necessary. Stronger, more advanced athletes may be able to perform the pistol without the gi assistance. Repeat for 5-8 repetitions on each leg.
(The pistol is also a level change exercise)

HORIZONTAL PULL

INVERTED ROW

This exercise begins similarly to the deadlift with one partner lying on the floor and the other partner standing over them with the fold of the gi in the bend of their elbows and grasping their own collar. This time the working partner is on the floor and the supporting partner doesn't squat but remains standing tall for the entire exercise. The working partner will begin with arms extended then will squeeze their shoulder blades and flex their elbows to pull themselves off the floor up toward the supporting partner. Pause at the top for 1-2 seconds then lower back toward the floor. During the entire movement, the working partner should keep their core rigid, maintaining a straight line from heels to shoulders, not dropping the hips, or leading with the hips from the bottom. **Perform 8-12 repetitions.**

HORIZONTAL PUSH

ATOMIC PUSH-UP

Begin in a push-up position with both feet in the fold of the gi. Without letting the lower back sag, perform a push-up. Upon completing the push-up, pull the feet toward the hands, driving hips up into the air. Keep legs and torso as straight as possible. Slowly return to push-up position. **Repeat for 8-12 repetitions.**

VERTICAL PUSH

MODIFIED HANDSTAND PUSH-UP

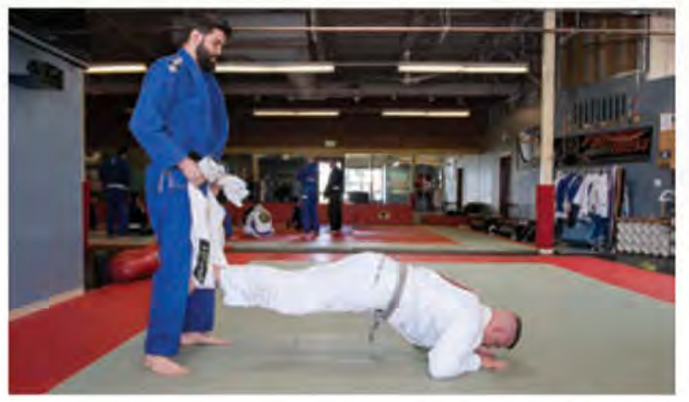
Set up in a push-up position with both feet in the fold of the gi. Next, drive your hips forward and upward while inverting the torso, moving the entire spine in a vertical line between the shoulders. This is the beginning position. From this position, slowly bend the elbows and lower the head between the hands as far as possible then press back up to beginning position. Stronger athletes will be able to lower their heads closer to the floor. The higher the supporting partner lifts the gi, the more challenging the exercise will be. If you are able to do regular, unassisted handstand push-ups, feel free to do those instead. **Perform 8-12 repetitions**

VERTICAL PULL

The simplest vertical pull exercises are pull-ups and chin-ups, which we highly recommend. Without a pull-up bar, this is a great vertical pulling alternative that really challenges the core as well.

BODY SAW

Begin with shoulders directly above elbows in a plank position with both feet in the fold of the gi. Drive the hips forward and tighten the abs to keep the core rigid. The supporting partner will slowly walk backwards while the working partner tries only to keep the lower back from collapsing as their body is pulled away from their elbows. Communicating when to reverse directions is key. When the working partner can no longer keep their hips forward and support their lumbar spine through further range of motion, they will give a verbal cue to the supporting partner to walk slowly forward. The working partner will also then begin to pull with their forearms to bring their ribs toward their elbows. **Repeat for 5-8 repetitions.**

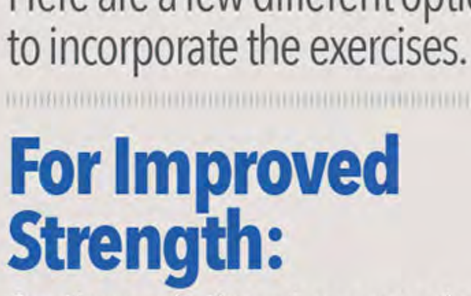


BONUS MOVEMENT

This exercise doesn't fit into any of our essential functional movements, but because most people who lift always train biceps, we threw it in for fun! In this exercise, one partner does the work while the other partner is the resistance.

HAMMER CURL

The working partner stands grasping the ends of the gi, while the resistance partner lies on their back with heels in the fold of the gi. The resistance partner stays rigid while the working partner performs biceps hammer curls (vertical fist as opposed to palms up). By keeping their core rigid, the partner providing resistance is also working to keep a straight line from their heels to their shoulders (an isometric hip dominant movement). Repeat for 8-12 repetitions.



THE WORKOUT

I recommend strength training at least two days a week to compliment your jiu-jitsu training. Be sure to give yourself a few days between strength workouts. Your abs WILL be sore after the first couple of times you do these exercises. Here are a few different options of how to incorporate the exercises.

For Improved Strength:

Go through the nine exercises one at a time with both partners alternating back and forth for 1-2 sets before moving on to the next exercise.

Another option is to break the exercises up into two workouts and do half of the exercises for 3-5 sets on strength training days.

For Improved Endurance and Cardio:

Go through the nine exercises one after the other as a circuit with one partner doing each exercise with minimal rest before the other partner begins. Switch partners, then repeat for 1-2 sets.

Arlo Gagestein is Drysdale Jiu-Jitsu purple belt under Eduardo Mori in Ogden, UT. He has a bachelor's degree in Human Performance and is a NSCA Certified Strength and Conditioning Specialist, a Certified MMA Conditioning Coach and a Sports Massage Therapist. Arlo owns Competitive Edge Fitness in Ogden, where he trains jiu-jitsu competitors, MMA fighters, soldiers, and athletes from many other sports. Arlo is the author of Warrior Core: Core Training Secrets for the Modern Combat Athlete **(www.warriorcorebook.com)** and Battle Tested: How to Train Like Your Life Depends on It **(available November 11, 2016)**. You can follow Arlo's blog at **www.jiujitsuadvantage.ninja**

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